

## TASKS OF GRIEF--WHERE ARE YOU?

**Task 1. Face the reality that your loved one is dead.**

Write out what makes you KNOW at a deep level that he/she is dead and not coming back.

**Task 2. Experience the pain of grief.**

List ways you allow and express the painful emotions of your grief.

**Task 3. Learn to live without your loved one.**

Write out things you are doing today that you did NOT do when your loved one was alive, (i.e. paying bills, attending social; gatherings with someone besides your loved one, sleeping in your house alone, etc.).

**Task 4. Find meaning in your life that does not include your loved one.**

List present activities that you feel good about doing, that you did NOT do with your loved one.

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We are all at different places in our grief. There is no time-table for accomplishing these tasks, nor are they accomplished in order. ALL of them are worked on throughout the grieving period.

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