

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.

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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