

Seeking New Opportunities

Once you can accept that life has changed following the death of a loved one, it can be time to consider and move toward a new life path (Morris, 2018).

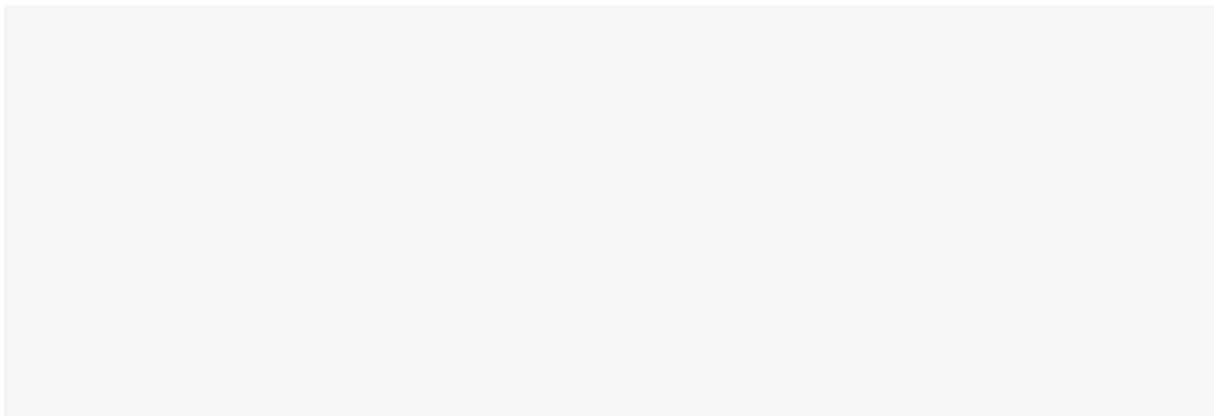
While you may never regain the life you had, it is possible to create a new one. Use this worksheet to consider what opportunities you have to try new things and how life may look.

1. Consider the following points:

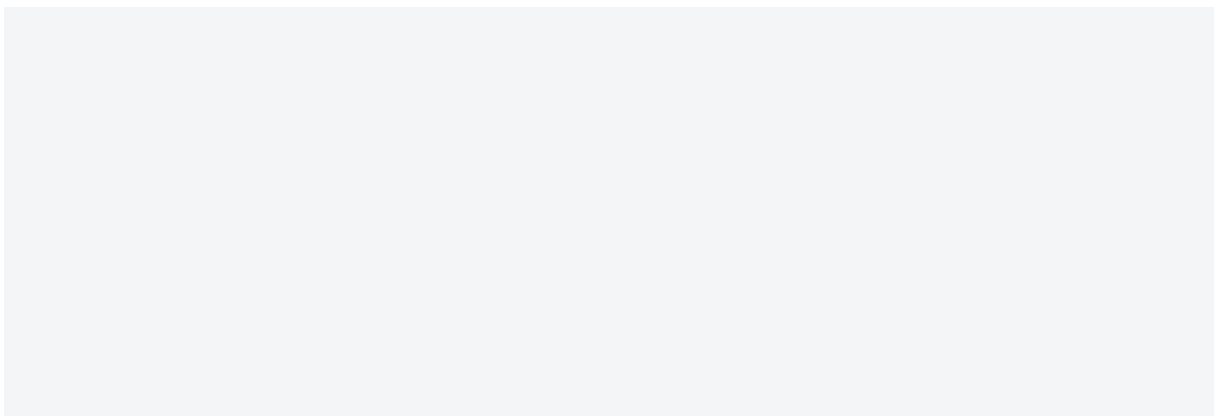
- Be open to seeking new opportunities and trying different things
- Tell yourself that *things may seem strange at first*
- Ask friends and family for support
- Learn to be spontaneous, sometimes saying yes, when before you may have said no.

2. Ask yourself the following questions:

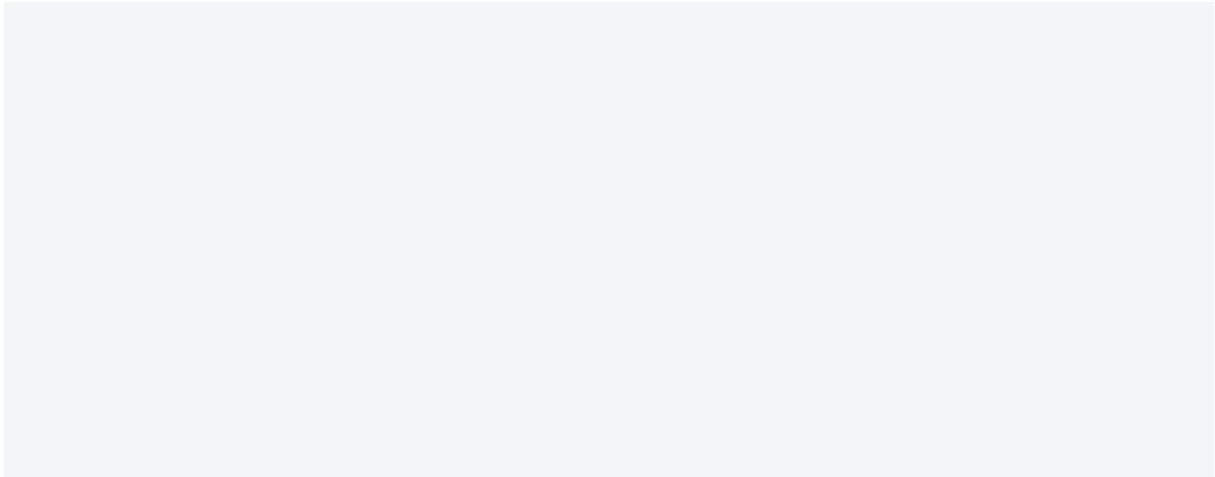
What activities, sports, and hobbies have you enjoyed in the past?



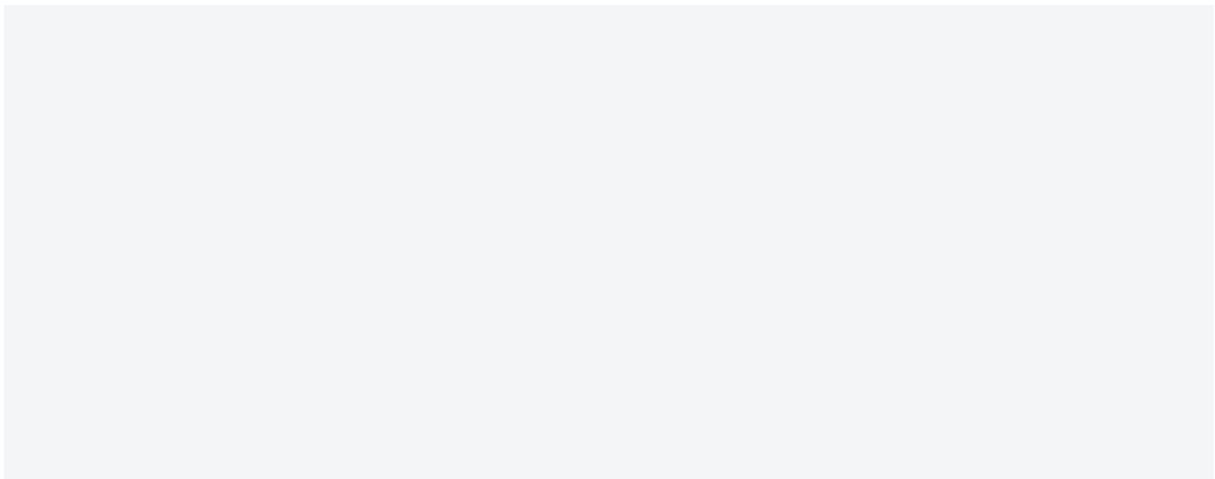
What have you always wished to do but didn't have the time or courage?



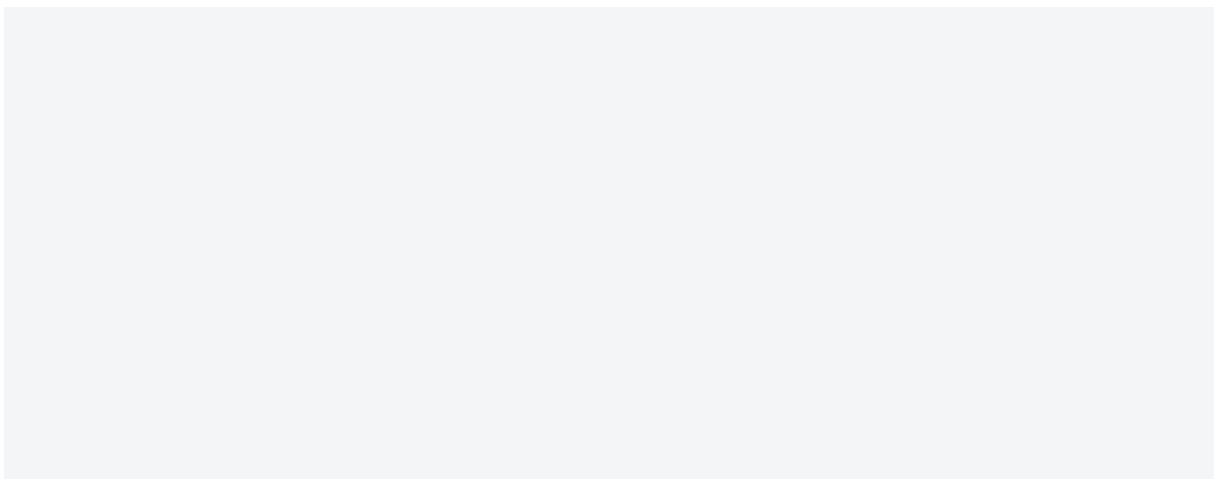
What groups or organizations are you interested in?



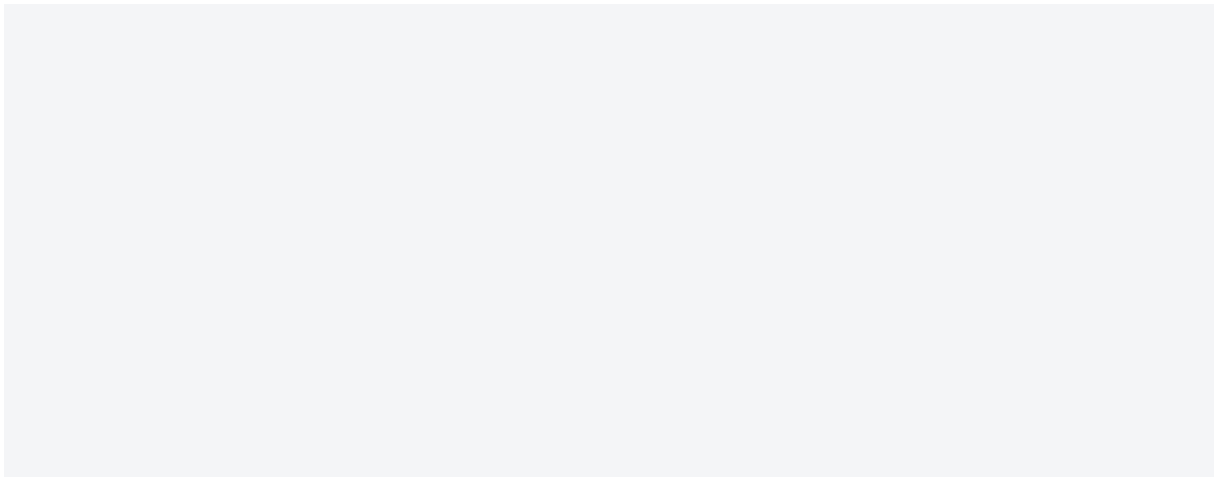
What were you, or are you, passionate about in your life?



What one thing could you do in the next week that could be a step toward trying something new?



What one thing could you do in the next 24-hours that could be a step toward trying something new?



The aim is not to forget the past, but to create a future that can become positive and hopeful again.

References

- Morris, S. (2018). *Overcoming grief: A self-help guide using cognitive behavioural techniques*. London: Robinson.

Dr. Jeremy Sutton