

TEAR – Tasks of Grief

Whether viewed as a process or a set of stages, undoubtedly, completion of specific, essential tasks can help move the individual through their grief.

J. William Worden describes them as follows (Worden, 2018):

- Accepting the reality of loss
- Experiencing the pain of that loss
- Adjusting to a new and different life
- Investing in a new reality

The following table helps define the tasks that the bereaved must complete to move through their grief.

Complete each section as fully as possible.

T – To accept the reality of the loss

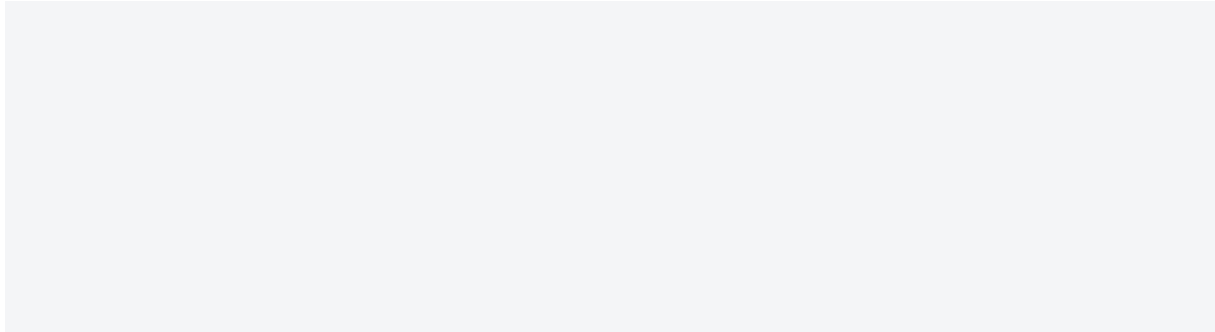
Spend time capturing and reflecting on what the loss of your loved one means to you. This can help you accept the reality of the loss.

E – Experience the pain of that loss

Think about and describe the emotions and feelings you are experiencing. Confronting and naming these emotions are important for processing grief.

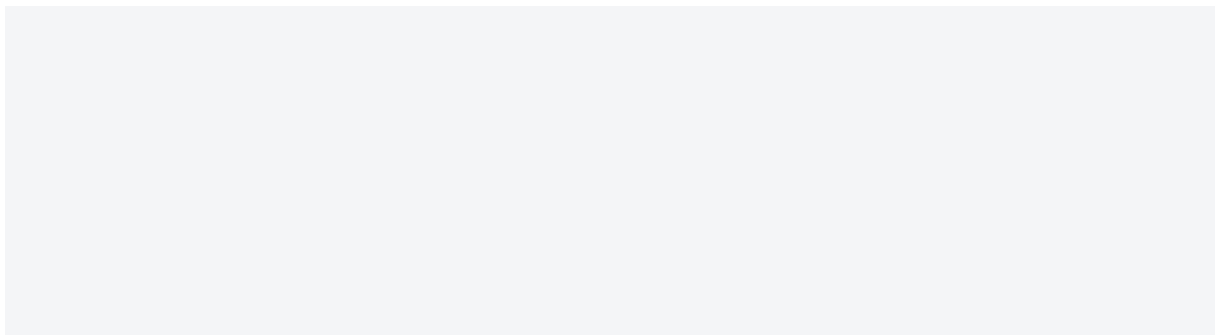
A – Adjust to the new environment now that the loved one is no longer present.

What changes are there in your life? What new skills do you need? What could you do?



R – Reinvestment in a new reality

How would you like your future to look? While you can no longer have that person in your life, you can choose what you do. How could you honor them?



References

- Worden, J. W. (2018). *Grief counseling and grief therapy: A handbook for the mental health practitioner (2nd edition)*. London: Springer

Dr. Jeremy Sutton