

Helpful, Hope-filled Reminders Regarding Mourning:

Prior to, or following, the death of a loved one, we oftentimes face complicated emotions. A “new reality” begins immediately after the death of our loved one. It is important to remember that we can learn how to keep this person in our heart, while moving forward in our day to day lives. The reminders listed below describe how we can adjust to loss in a healthy way.

These “reminders of mourning” can be used as a framework to assess our grief, and help us to determine a course of action.

The tasks of mourning are as follows:

- i. To **accept** the reality of the loss or impending loss.
- ii. To **process** the pain of grief.
- iii. To **adjust** to a world without the person who is dying or has died.
- iv. To **remember** the person while moving forward life.



Mourning is an *active* process, not a *passive* one. We who are bereaved (grieving) are encouraged and empowered to work through our grief so that we can move forward in our life, while fondly remembering our loved one.

Mourning is not a one-dimensional process—the “reminders” listed below may be completed in any order, and/or revisited; there is no set time-frame for utilizing these “reminders”.

1 – I will choose to remind myself to: Accept the reality of my loss.

- I choose to accept loss both intellectually and emotionally.
- I choose to recognize the significance of loss.

2 – I will choose to remind myself to: Process the pain of my grief.

- I choose to name and make sense of my emotions.
- I choose to let myself feel these emotions, rather than trying to bury them.

3 – I will choose to remind myself to: Adjust to a world without my loved one.

- I choose to make practical changes, such as taking over tasks my loved one used to complete.
- I choose to adapt to a changing self-identity and worldview.

4 – I will choose to remind myself to: Remember my loved one while moving forward in my life.

- I choose to create a place for my loved one in my heart that leaves room for new relationships.
- I choose to find a balance between remembering my loved one and moving forward.

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Consider visiting www.griefshare.org

(under “find a group” tab, enter zip code/city to discover online or in-person support groups in your area).