

# Mourning Tasks

**Instructions:** Use this worksheet to understand and navigate the tasks of mourning. Reflect on each task and consider how it applies to your personal experience of grief.

## 1. Accept the Reality of the Loss

Accepting the reality of the loss involves coming to terms with the fact that your loved one is gone and recognizing the finality of the loss.

- What was your initial reaction to the loss?

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- How have you acknowledged the reality of your loss so far?

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- What reminders or activities help you accept the reality of the loss?

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## 2. Process the Pain of Grief

Processing the pain of grief involves allowing yourself to feel and express the emotions associated with the loss, rather than avoiding or suppressing them.

- What emotions have you experienced since the loss? (e.g., sadness, anger, guilt)

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- How have you expressed these emotions? (e.g., talking to someone, journaling, crying)

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- What can you do to safely and healthily process your grief?

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## 3. Adjust to a World Without the Deceased

Adjusting to a world without the deceased involves making both internal and external adjustments to accommodate the absence of your loved one.

- What changes have you had to make in your daily life since the loss?

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- How has your sense of self or identity changed because of the loss?

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- What new skills or roles have you had to take on?

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#### **4. Find an Enduring Connection with the Deceased While Moving Forward**

Finding an enduring connection with the deceased while moving forward involves maintaining a healthy connection to your loved one as you continue to live your life.

- How do you currently feel connected to your loved one?

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- What rituals or activities help you honor their memory?

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- How can you continue to move forward while keeping your loved one's memory alive?

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### **5. Self-Care During Mourning**

Taking care of yourself during mourning is crucial. This involves ensuring you are meeting your physical, emotional, and mental health needs.

- What self-care practices have been helpful for you during this time?

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- What additional self-care activities could you incorporate into your routine?

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- Who can you reach out to for support when you need it?

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