



TASKS OF BEREAVEMENT

We have recovered from grief when we again feel able to cope with our feelings and our environment, and when we accept the loss of the loved one at a gut level, not just intellectually. It takes willingness to recover and a hope and faith in a positive outcome. Grieving is hard work, but essential. In order to move through grief and adjust to loss, it's important to:

- acknowledge and accept the reality that death has occurred, and
- experience and deal with all the emotions and disruptions that loss creates.

These are specific tasks you can work on as you adjust and heal as you grieve:

- Take good physical care of yourself while mourning.
- Learn to accept the “negative” emotions such as bitterness, anger, self-pity, depression, and guilt.
- Recognize the need for the presence of others: to listen, to talk with, and sometimes to be held.
- Recognize that you may have conflicting feelings about the person who died.
- Understand that you are not being disloyal to the memory of the person who died if you choose to go living.
- Live each day as much in the present as possible; take one day at a time.
- Avoid the temptation to make big decisions that you might regret later, such as moving to a new locality.
- Learn a wide range of new skills; assume some new and different responsibilities.
- Take charge of financial and business matters.
- Learn to live life as a single member of a former partnership. Return to social activities in your new role and identity.

*Adapted from “The Courage to Grieve” by
Judy Tatelbaum*