Worden's Tasks of Grief Card Deck

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Worden's tasks of grief are like a rainstorm:

1) Accepting the reality of loss can come like thunder and lightning ripping through a landscape.
2) Working through the pain and grief means sitting in the rain.
3) Adjusting to life without the loss is like getting an umbrella to shield you from the storm.
4) Connecting with the deceased while moving on is like stopping to feel the warm sun on your face after the storm and thanking your loved one for sending it.

Use the following card deck with your clients (or yourself) to discover what task of grief an individual is experiencing. One sheet contains the imagery of the grief task through the rainstorm metaphor. The other sheet contains Worden's stages of grief. Cut out both sheets and glue the image to the words to create flashcards.

Accept the reality of the loss.

2. Work through the pain of grief.

3. Adjust to an environment without the deceased.

4. Find a connection with the deceased in the midst of embarking on a new life.







