Tasks of Mourning

After a death, friends and family face complicated emotions, and a new reality without the deceased. They must learn how to keep the person within their hearts, while moving forward in life. The **tasks of mourning** describe how to adjust to loss in a healthy way.

Tasks may be completed in any order.

Tasks may be revisited multiple times.

Tasks may be completed at any pace.

1

Accept the reality of the loss.

- Accept the loss both *intellectually* and *emotionally*.
- Recognize the significance of the loss.

2

Process the pain of grief.

- Name and make sense of your emotions.
- Let yourself feel these emotions, rather than trying to bury them.

3

Adjust to a world without your loved one.

- Make practical changes, such as taking over tasks your loved one used to complete.
- Adapt to a changing self-identity and worldview.

4

Remember your loved one while moving forward in life.

- Create a place for your loved one in your heart that leaves room for new relationships.
- Find a balance between remembering your loved one and moving forward.

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