

THE TASKS OF GRIEF

The TEAR model of grief

TO ACCEPT THE REALITY OF THE LOSS

The first step is to reconcile your heart with your head. This could be the hardest and longest part of your journey.



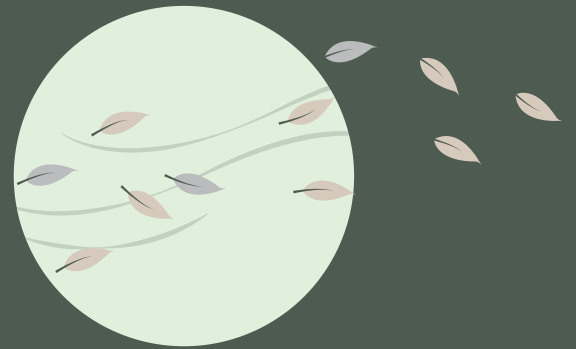
EXPERIENCE THE PAIN OF THE LOSS

Everyone experiences the pain of loss differently. It can affect you physically, mentally, and emotionally. Avoiding these feelings will prolong your grief.



ADJUST TO THE NEW ENVIRONMENT

Life will have suddenly changed. Things will never be the same as they were, and you must adapt to the new reality. You will have to take on new roles and responsibilities, while discarding old identities.



REINVEST IN THE NEW REALITY

Take the emotional energy that has now been freed, and use it to focus on the future. Discover strengths you didn't have before, skills you want to develop.



BE A PHOENIX

This one is not canon. As a phoenix rises from the ashes, so will you find a new brilliant identity. Live life fully, embracing the death of the world that brought you here.

