

THE FOUR TASKS OF MOURNING

TASK 1: Accepting the reality

It is very common to minimize or deny the reality of losing such an important person in your life. To complete this task, the reality of losing a loved one must be fully accepted both intellectually and emotionally.

TASK 2: Processing the pain of grief

Grief is painful. It involves painful emotions such as sadness, anger, and guilt. It can be tempting to avoid these feelings, burying them rather than facing them. However, working through grief means confronting, naming, and making sense of these emotions.

TASK 3: Adjusting to a world without your loved one

Losing a loved one will bring several changes to your life ranging from minor changes in daily routines to the adoption of entirely new worldview. This task is about navigating these changes and adjusting to the world without your loved one. There are **internal adjustments** which means changes in your identity.

There are **external adjustments** like taking on new roles and developing new skills. And there are **spiritual adjustments** like changes to your beliefs, values, and assumptions about the world. All these three will require adjusting and adapting.

TASK 4: Finding a way to remember your loved one while moving forward

Moving on does not mean forgetting. It means finding a place for your loved one in your thoughts—a place that is important but still leaves room for others. Completing this task means finding a healthy balance between cherishing their memory and moving forward in your life.