

RESPONDING TO DEATH

Grief is a normal response to death. When someone that is important to us dies, it is expected that we will follow 7 stages of grief in 12 to 24 months. When we experience Acute Trauma, the first stage of grief usually lasts 6 to 10 years.

INSIGHT

The seven stages of grief are defined as:

- Shock and denial; a state of disbelief and numbed feelings
- Pain and guilt
- Anger and bargaining
- Depression
- The upward turn
- Reconstruction and working through
- Acceptance and hope

Worksheet Activity

Make a list of negative grief thoughts and set yourself a thought goal for each one.

Think about how each thought needs to change. Make notes on what might make this possible.

Think about how you can make these changes part of your daily routine with new habits and structure. Start small with goal setting and work up towards achieving your thought goals.

This activity is useful when you are ready to reconstruct and work through many of your grief emotions. It will be useful to complete this activity in a number of sessions, giving yourself the opportunity to relax and reflect inbetween each one.

THIS IS ACUTE TRAUMA

A worksheet to help us think about how our responses to death and the choices we can make when we are grieving

THINKING ABOUT DEATH

When someone you care about dies, you are likely to have a variety of responses; anger, guilt, sadness and disbelief are just a few.

Over time, the way you feel about the death of someone you care about will change and it can be useful to find ways to let go of our negative responses so that we are able to feel at peace with death and remember the people we care about with happiness.

RECONSTRUCTING OUR THOUGHTS

- I am angry they have left me
- I am sad they are gone
- No one knows how much I am hurting
- I feel sad every time I think of them
- I hate the fact they have died
- I feel guilty whenever I'm not thinking of them
- I am glad that I knew them
- I am thankful that they were here
- I am lucky that we had such a close relationship
- I enjoy the great memories I have
- I am lucky I spent time with them whilst they were alive
- I know they would want me to be happy