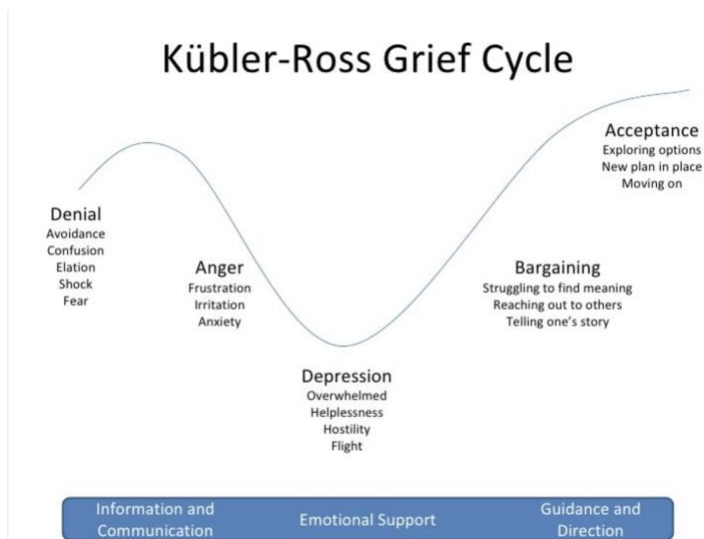


## PROCESSING GRIEF

Topics to talk through in therapy, or with psychologically safe friends/family, or to journal about...

- Processing the Event Story of the Death: Retell the loss
- Accessing the Back Story of the Relationship: Death may end a life, but not necessarily a relationship. Learn how to reconstruct your bond with your loved one rather than relinquishing it. How are you and do you want to continue your relationship with this person today?
- Talk about the deceased. What they were like. What you loved about them.
- Distinguish grief from trauma; do trauma work on anything traumatic about the death
- Deal with any guilt you are feeling and help you organize the grief
- Describe and define barriers to grieving
- [Emotion regulation tools](#): connect with self-essence (what notices emotions), self-compassion, Stop, Notice, Reflect, Respond
- Talk through denial, anger, depression, bargaining, and acceptance as they come up



- What meaning can be made out of this passing? Out of who he/she/they were? Out of your experience/growth through it?