

Exercise sheet

GRIEF



The person we lost would like us to carry on with our life because he/she would want us to feel good. Just because we have certain thoughts doesn't mean that they're true. When we lose a loved one, our thoughts often go out to him/her. We have to learn not to act according to our flawed beliefs and rather than trying to stop our negative thoughts, we need to develop alternative behaviours.

Here are some examples. Try to fill out the table with your own thoughts:

Overwhelming thoughts	I make my thoughts gentler	Harmful behaviours	I get on with my life
I can't live without him	It's difficult for me to live without the one I loved, but I'm going to learn to live without him/her	I spend a lot of time thinking about him/her, I don't do much else.	I start doing pleasant activities again. I pay tribute to the deceased I think back to the positive memories with him/her
I feel guilty	I did what I could. His/her death is also because of:	I try deperately not to think about it, or, I'm always blaming myself	I try to be fair and kind to myself
I don't have the right to be happy, to suffer	The loved one I lost wants me to feel good, I think (s)he would like me to try to feel good in my life.	I stop myself from doing things or seeing friends. I stopped doing everything that made me happy	I think back to happy things I did with or without him/her. I cut back on the time I spend thinking about death. I do at least one pleasant thing a day.

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It's so unfair	Who said life was fair? I have the right to find it unfair, to be angry. I can accept this emotion, it's also an energy that drives me to act on my values.	I don't stop thinking about it, I mope, I want to take revenge	I get involved in activities that make sense to me, that I think are worthwhile
I'm afraid to forget	I could never forget someone who is dear to me	The person I lost takes up all the space in my life I think about it all the time	I write a letter (check out the « Letters to the one I lost » page)

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