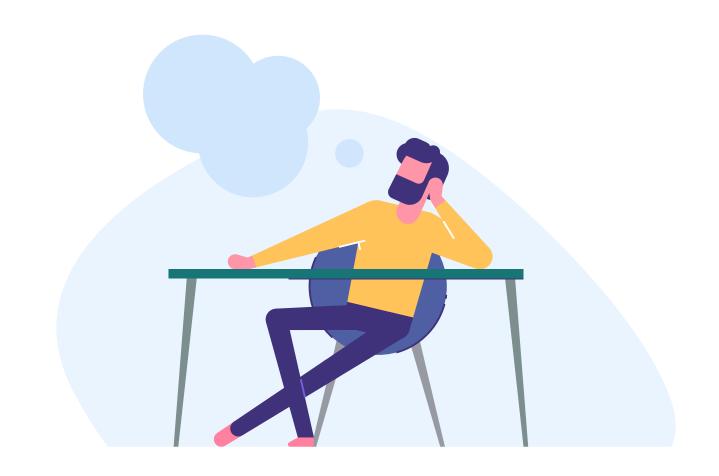
## **Exercise sheet**

## 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.





## **Exercise sheet**

**GRIEF** 

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)

Overwhelming thoughts	I make my thoughts gentler	Harmful behaviours	I get on with my life



