Dimensions of Grief (1)

- **EVASION**
- **ENCOUNTER**
- **RECONCILIATION**

The Six "R" Processes of Mourning in Relation to the Three Phases of Grief and Mourning (2)

- **AVOIDANCE PHASE**
  1. **Recognize the loss**
     - Acknowledge the death
     - Understand the death
- **CONFRONTATION PHASE**
  2. **React to the separation**
     - Experience the pain
     - Feel, identify, accept, and give some form of expression to all the psychological reactions to the loss
     - Identify and mourn secondary losses
  3. **Recollect and reexperience the deceased and the relationship**
     - Review and remember realistically
     - Revive and reexperience the feelings
  4. **Relinquish the old attachments to the deceased and the old assumptive world**
- **ACCOMODATION PHASE**
  5. **Readjust to move adaptively into the new world without forgetting the old**
     - Revise the assumptive world
     - Develop a new relationship with the deceased
     - Adopt new ways of being in the world
     - Form a new identity
  6. **Reinvest**

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The Four Tasks of Mourning (3)

- **TASK I: To Accept the Reality of the Loss**
- **TASK II: To Work Through To the Pain of Grief**
- **TASK III: To Adjust to an Environment in Which the Deceased is Missing**
- **TASK IV: To Emotionally Relocate the Deceased and Move on With Life**

(1) ***Dimensions of Grief*** from **Death and Grief: A Guide for Clergy** by Dr. Alan D. Wolfelt, Accelerated Development Inc., 1988. Reproduced with the permission of, and written by Dr. Alan Wolfelt, Director, Center for Loss and Life Transition, 3735 Broken Bow Rd, Fort Collins, CO 80526, Companion Press (970) 226-6050.

(2) ***The Six "R" Processes of Mourning*** From **Treatment of Complicated Mourning** (p. 45, Table 2.3 The Six "R" Processes of Mourning in Relation to the Three Phases of Grief and Mourning) by T.A. Rando, 1993, Champaign, IL: Research Press. Copyright 1993 by the author. Reprinted by permission. This material may not be reproduced in any form without the express permission of the publisher.

(3) ***The Four Tasks of Mourning*** from **Grief Counseling and Grief Therapy**, Dr. J. William Worden. Springer Publishing Company, Inc., New York 10012, 2nd Edition, Copyright ©1991, pp 10-18. Used by permission.
[The 4th edition was published in 2008 and some of the Task wording was revised]