

TEAR Model of Grief

THE TASKS OF GRIEF

T = To accept the reality of the loss the tasks of grief

E = Experience the pain of the loss

A = Adjust to the new environment without the lost person

R = Reinvest in the new reality

Based upon Worden's (1991) tasks of mourning: Worden, J. W. (1991). Grief Counselling and grief therapy: A handbook for the mental health practitioner (2nd edition). London: Springer.

Instructions: This is optional. You can write down your observations for each task of mourning. Make sure your patient consented to you taking notes as they go through your grief counseling/therapy program.

[T] Date started:

Date ended:

[E] Date started:

Date ended:

[A] Date started:

Date ended:

[R] Date started:

Date ended:

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