



# *Family and Caregiver Education*

## **BEREAVEMENT**

### **Roles**

1. Describe some of the roles your loved one played in your life. What part did he/she play that no one else did in your life? Examples: My best friend, shopping partner, teacher. It can help you clarify your thoughts about everyday life.

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2. Write a paragraph about one of the important roles he/she played. Example: "I am remembering you as the one person I could always call to talk to about my day. I remember your voice and how I could tell you just about anything. You always listened. Thank you so much for being there. I miss you so much."

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3. Think about emotional and/or physical pains you are feeling because of those losses. Example: Anger, sadness, headaches, upset stomach, emptiness.

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4. With each pain, write about strategies to relieve the pain. Example: When anger comes up, I will close my eyes, practice deep breathing.

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5. Write two strategies you can use at home. Put them in a place at home where you will see them and read them many times a day. Begin practicing these strategies faithfully.

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6. When you have had success with practicing coping strategies, begin to consider how some of these roles can eventually be filled. Note that not all roles can be, or are, appropriate to be replaced.

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Adapted from *Different Ways of Grieving, Different Ways of Healing* by Douglas C. Smith