Between loss and rebuilding

Checking your balance between facing the grief and getting on with life.

Name _____ Date _____

Healthy grieving moves back and forth between spending time with the loss and attending to the life that has to go on. Too much of one can leave you stuck: overwhelmed by pain, or running from it. Tick what you have been doing and add anything else.

Time with the loss

- [ ] Remembering
- [ ] Crying
- [ ] Talking about them
- [ ] Looking at photos
- [ ] Visiting places

Time rebuilding

- [ ] New tasks and roles
- [ ] Practical matters
- [ ] Taking a break
- [ ] Seeing people
- [ ] Small pleasures

Lately I have been mostly...

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Facing the loss — Rebuilding

What do I notice about my balance?

Do I avoid one side? What am I afraid would happen if I went there?

One thing I could do this week on the side I have been neglecting

Based on the dual process model of Margaret Stroebe and Henk Schut.

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.