How are you dealing with grief and what is the consequence?

In this worksheet, you'll identify the aspects of grief that you are finding the most troublesome and write these in the left-hand column. Then in column B write the things you have been doing to try and deal with each of the things in column A. Then in Column C write what happens when you do that, in the short term. Then in Column D write what happens in the longer term. After you have learned some of the OPEN, AWARE and ENGAGED skills you can use column E to note down how you could respond differently. The first row has an example to illustrate. You can write as many or as few examples as you want to.

Based on the long-term consequences, does it seem like some of the ways you have been dealing with grieving might be less helpful and some might be more helpful? This activity should help you to become more aware of things that you do that are helpful and maybe you could do more of those? It will also help you know the things that are less helpful and therefore you can try to use the OPEN, AWARE and ENGAGED skills to use less of those ways of dealing with grief.

What advice might you offer to the person who completed the example in the first row?

A: Aspects of grief I've been having most difficulty with?	B: What I have been doing to try and deal with that?	C: What happens next when I do that? (Short Term consequences)	D: What happens in the longer term? (Longer term consequences)	E: How could you respond differently?
Intense surges of upset and crying, especially difficult at work	Crying in private at work	Feel relief but worry others know and what they think	Feel quite alone, no one at work knows me, maybe my manager will think I'm taking too many breaks	Could talk to my manager and explain, could tell some people at work.

A: Aspects of grief I've been having most difficulty with?	B: What I have been doing to try and deal with that?	C: What happens next when I do that? (Short Term consequences)	D: What happens in the longer term? (Longer term consequences)	E: How could you respond differently?