

What Firsts Have You Experienced?

Inevitably after someone dies, there will be many 'firsts' that occur without them – especially over the next 12 months. They may become triggers for another wave of grief and include (Morris, 2018):

- Birthdays and other occasions, weddings, births, and graduations
- Seeing friends and relatives that knew them
- Returning to work
- Going shopping
- Visiting the cemetery and seeing the headstone
- Eating a favorite meal.

The following questions can help you reflect on the 'firsts' you have already been through without your loved one and consider ones yet to happen.

Ask the following (if you have a journal or diary, it may help):

What firsts have you experienced since the person died?

Which 'firsts' affected you most?

How did you cope? What helped you get through the day?

What 'firsts' are coming soon that you are nervous about?

What could help you through the day?

Considering what was helpful in the past may suggest what might support you in the future.

References

- Morris, S. (2018). *Overcoming grief: A self-help guide using cognitive behavioural techniques*. London: Robinson.

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