

## Grief – HEALING Milestones

Grief is complex and has no rules. We may, at times, wonder if we are “doing it right” or “handling it well” and what to expect—especially when experiencing *complicated grief* (Shear, 2020).

The following worksheet can help you watch out for, and make use of, the H.E.A.L.I.N.G. milestones that are likely to occur.

Consider each of the milestones in relation to the person you have lost. Reflect on each one and how it can be made positive or more manageable (modified from Shear, 2020):

**Honor:** How can you honor your loved one and yourself?

What interests can you continue that you shared with them?

What new interests can you begin?

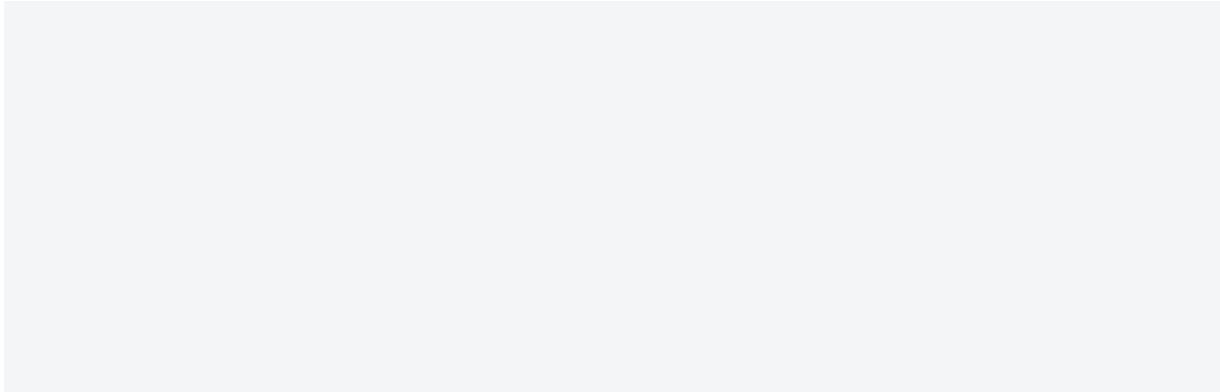
**Ease:** How can you ease your emotional pain?

What emotions are you experiencing?

- Trust yourself; you can handle the emotional pain rather than let it control you.

**Accept:** How can you accept grief and find a place in your life?

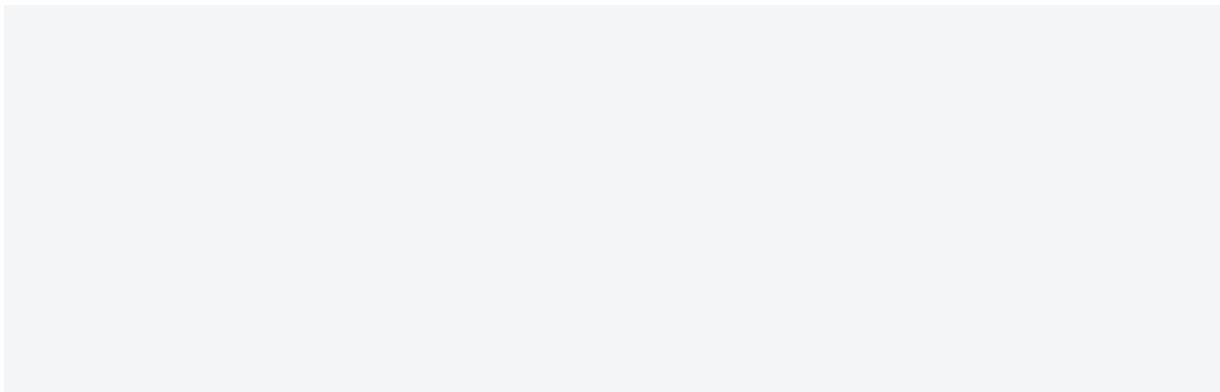
Where and when can you safely make time to grieve?



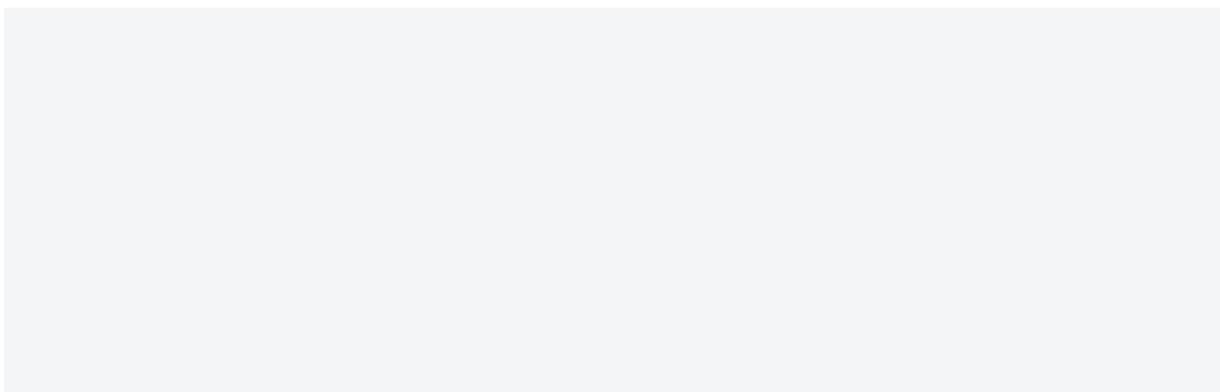
- Set aside that time and show yourself compassion.

**Learn:** How can you learn to live with the reminders of your loss?

What reminders of your loss do you find most difficult?

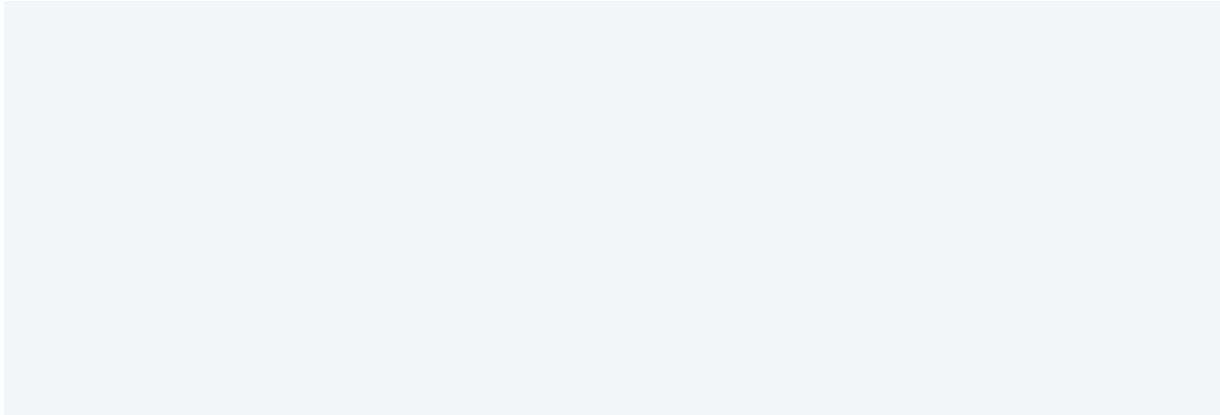


What can you do at those times to show yourself kindness and self-compassion, seek support from others, and find positive emotions?

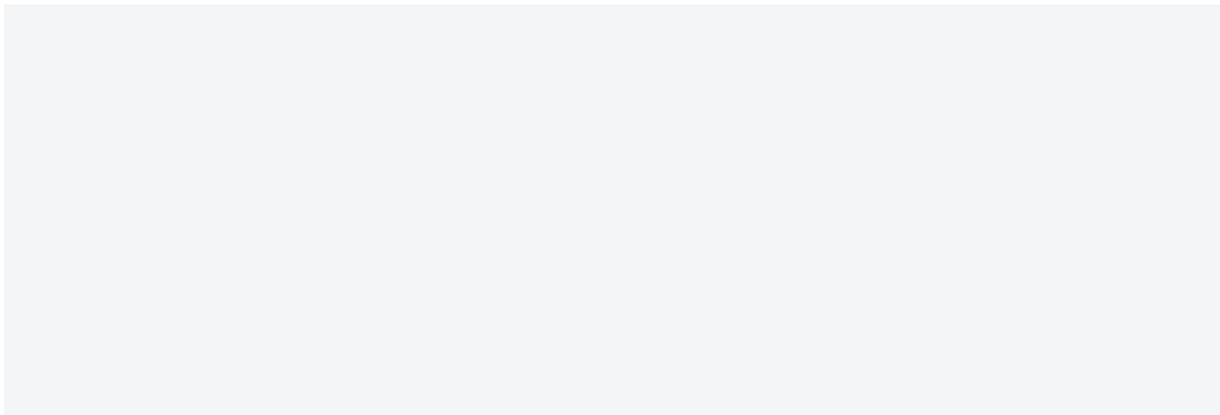


**Integrate:** How can you integrate memories of your loved one into your life?

How can your memories enrich your life?

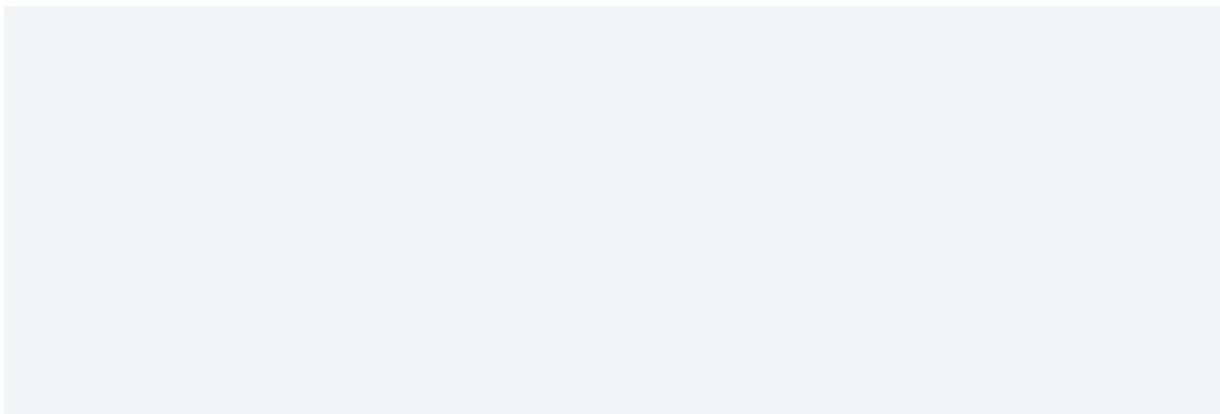


Can you see ways of honoring those memories?



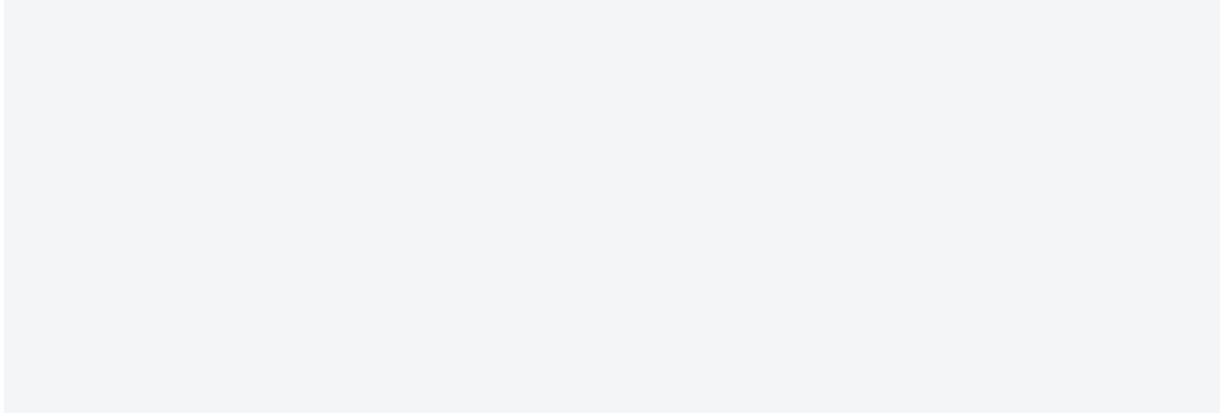
**Narrate:** How can you share stories of your loved one with friends and families?

When would be a good time to share the narrative of the person you have lost and the relationship you shared?



**Gather:** How can you let your friends, family, and community into your life to offer you support?

Are you letting others in? If not, how can you?



## References

- Shear, K (2020). *Healing milestones*. Retrieved December 20, 2021, from [https://complicatedgrief.columbia.edu/wp-content/uploads/2020/06/HEALING-Milestones\\_-What-Grievers-Can-Expect-with-Covid-19-Addendum.pdf](https://complicatedgrief.columbia.edu/wp-content/uploads/2020/06/HEALING-Milestones_-What-Grievers-Can-Expect-with-Covid-19-Addendum.pdf)

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