

Grief – Pillars of Strength

Julia Samuel (2019) suggests focusing on multiple pillars of strength to help overcome grief, including:

1. Relationship with the person who has died
2. Relationship with oneself
3. Ways to express grief
4. Time
5. Mind and body
6. Limits
7. Structure
8. Focusing

This worksheet helps the bereaved explore each strength pillar, identifying actions that may help them move forward:

Relationship with the person who has died

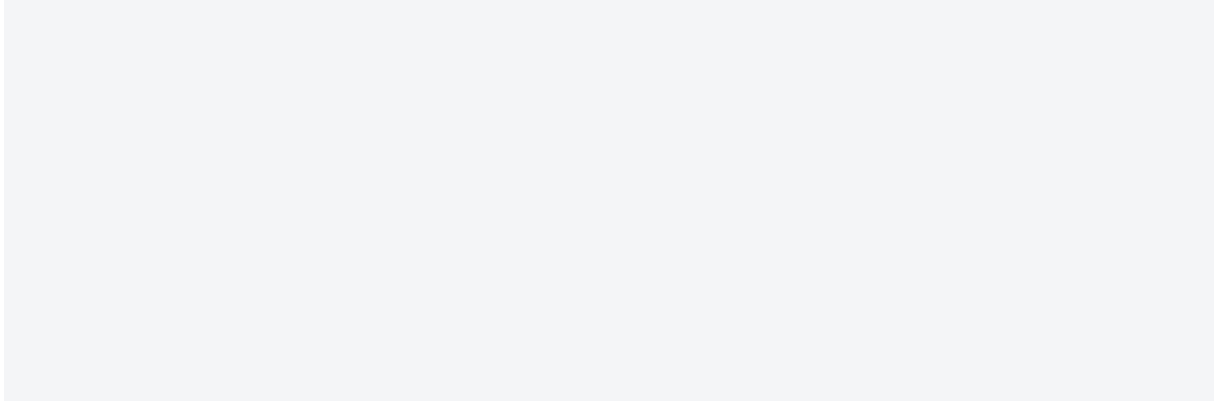
What could you do or even wear that would maintain the connection with the person who has died?

Relationship with oneself

What could you do to show yourself self-compassion? For example, writing down conflicting messages, such as I miss the person but am relieved they are no longer in pain.

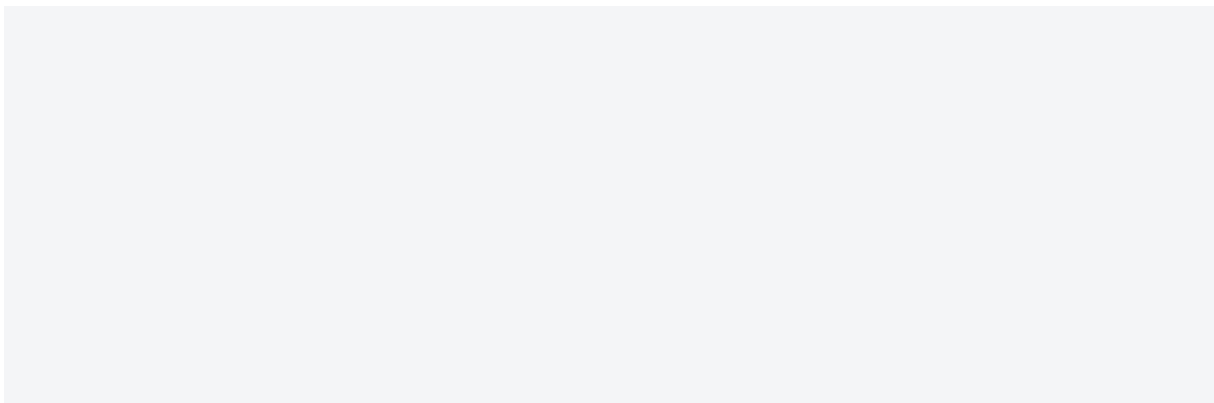
Ways to express grief

How can you express your grief? Perhaps talking about the person, listening to their favorite music, or going to places you both enjoyed.



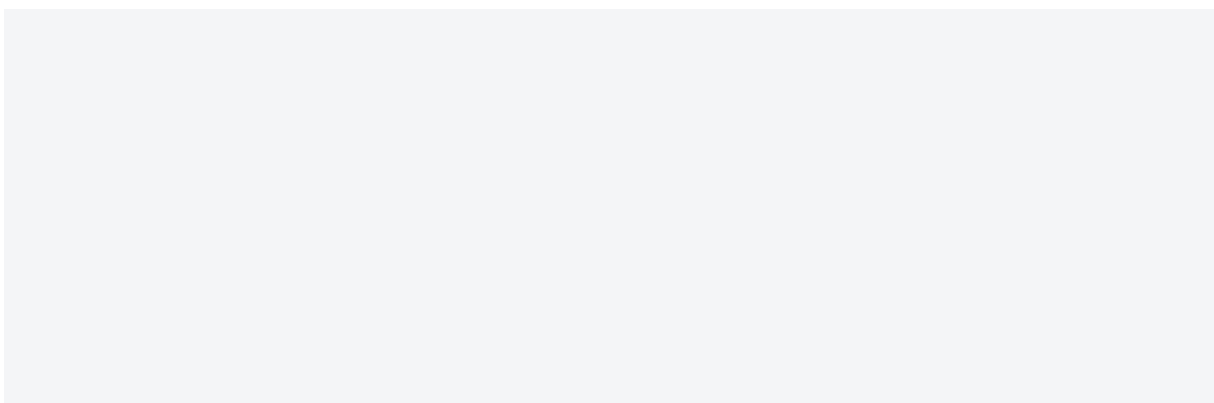
Time

How and when can you set aside time to grieve?



Mind and body

You need to look after your physical and mental wellbeing. What activities could you return to that will maintain your overall health?



Limits

Friends and family, though well-meaning, can be bossy about how you should grieve. When do you need to say no?

Structure

A structured life can fall apart during grief. What would be a good habit plan for each day?

Focusing

Learn to direct your attention around your body, becoming aware of the sensations that arise. Describe how you feel? What feelings and tension exist?

References

- Samuel, J. (2019). *Grief works: Stories of life, Death, and Surviving*. New York: Scribner.