

The Six Needs of Mourning



1. Accept the reality of the death.
2. Let yourself feel the pain of the loss.
3. Remember the person who died.
4. Develop a new self-identity.
5. Search for meaning.
6. Let others help you - now and always.

From: Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart. Alan D. Wolfelt, PhD