WORKSHEET 146 · FOR THE PSYCHOLOGIST

What has changed in my daily life

The tasks and roles to reinvent

AIM

Work on the “restoration” side of grief: identify the tasks and roles the person who died used to have, what needs to be learnt, delegated or given up, and the help available.

WHO IT IS FOR

Widowhood, loss of a parent or partner who handled a large part of daily life (paperwork, money, cooking, children, the car…).

DURATION

20 min

HOW TO RUN IT

1. Remind them that adjusting to a world without the person is a task of grief in itself (Worden).
2. The person lists what the one who died used to do, specifically.
3. For each task: learn it, delegate it, simplify it or drop it.
4. Identify who can help and where to start.

POINTS TO WATCH

Relearning tasks can rekindle longing (“that was their role”): this is to be expected and should be acknowledged. Avoid pushing for big decisions (selling, moving house) too soon. Grief is not an illness: these worksheets offer support and must not push the person to “move on”. Watch for signs of prolonged grief (at least 6 to 12 months of intense, pervasive yearning with impairment) and for suicide risk, especially the wish to be reunited with the person.

REFERENCES

Worden, J. W. (2018). Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner (5th ed.). Springer.

Stroebe, M. & Schut, H. (2010). The dual process model of coping with bereavement: A decade on. Omega: Journal of Death and Dying, 61(4), 273-289.

PSYCHOLOGIST’S NOTES

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WORKSHEET 146 · WORKSHEET TO HAND OUT

What has changed in my daily life

When someone goes, what they used to do also disappears: the paperwork, the cooking, the phone calls, the shared decisions. Adjusting to this new daily life is part of grief. You don't have to do everything alone, or all at once.

1. Note what the person used to do, specifically.
2. For each thing, choose: I learn it, I hand it to someone, I simplify it or I drop it.
3. Write who could help you.
4. Choose where to start, and when.

What they used to do	I learn it, hand it over, simplify it or drop it	Who can help me	When

What I am proud to have learnt or done since then:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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