

GROWING AROUND GRIEF

Different ways of understanding grief and living with loss



WHAT IS GRIEF?



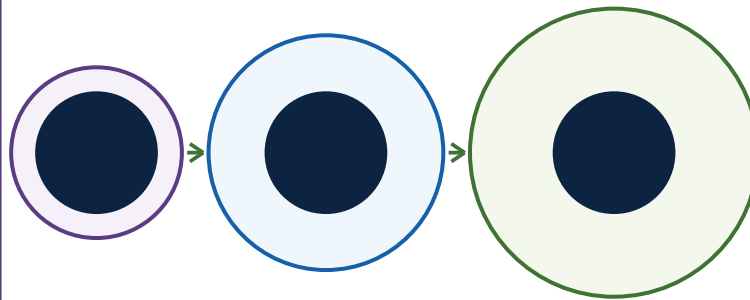
Grief is a natural response to losing someone or something important.

It can affect feelings, thoughts, the body, relationships and everyday life.

There is no single right way or timetable for grieving.

GROWING AROUND GRIEF

Lois Tonkin's model



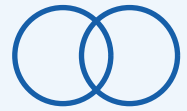
AT FIRST

LIFE GROWS

LIVING WITH GRIEF

The grief remains the same size. Over time, life can expand around it, making room for other experiences without forgetting.
Every dark circle above is exactly the same diameter.

WHY IT HELPS



The model allows grief to remain important while recognising that connection, meaning and new experiences can also grow.

Feeling grief strongly again does not mean you have gone backwards.

OTHER HELPFUL WAYS OF UNDERSTANDING GRIEF

DUAL PROCESS MODEL

LOSS-ORIENTED

feeling, remembering, yearning

RESTORATION-ORIENTED

daily life, roles and routines

We move back and forth between both.

CONTINUING BONDS



CONNECTION CHANGES

memories, values and rituals

Love and meaning can remain part of life.

WORDEN'S FOUR TASKS



Accept the reality, process the pain, adjust to change, and find an enduring connection while continuing life.

Tasks may be revisited in any order.

THE FIVE STAGES OF GRIEF

Possible experiences, not a route everyone follows or completes

DENIAL

shock
numbness

ANGER

unfairness
blame

BARGAINING

if only
what if

DEPRESSION

sadness
heaviness

ACCEPTANCE

living with
reality

You may move forwards, backwards or sideways, revisit feelings, skip stages or feel something else.

NO MODEL CAN DESCRIBE EVERY PERSON'S GRIEF

Keep what feels helpful and leave what does not. There is no correct timetable.

If grief feels unmanageable or you are worried about your safety, seek professional or urgent support.