

## TEAR Model of Grief

# THE TASKS OF GRIEF

**T** = To accept the reality of  
the loss the tasks of grief

**E** = Experience the pain of  
the loss

**A** = Adjust to the new  
environment without the  
lost person

**R** = Reinvest in the new  
reality

Based upon Worden's (1991) tasks of mourning: Worden, J. W. (1991). Grief Counselling and grief therapy: A handbook for the mental health practitioner (2nd edition). London: Springer.

**Instructions:** This is optional. You can write down your observations for each task of mourning. Make sure your patient consented to you taking notes as they go through your grief counseling/therapy program.

**[T]** Date started:

Date ended:

**[E]** Date started:

Date ended:

**[A]** Date started:

Date ended:

**[R]** Date started:

Date ended:

Based upon Worden's (1991) tasks of mourning: Worden, J. W. (1991). Grief Counselling and grief therapy: A handbook for the mental health practitioner (2nd edition). London: Springer.