

## CENTRAL NEEDS IN GRIEF

In his book, *“Understanding Grief – Helping Yourself to Heal”*, Alan D. Wolfelt, Ph.D. identifies six central needs each person has during mourning.

They are...

1. To experience and express outside of yourself the reality of the death.
2. To tolerate the pain that comes with the work of grief while taking good care of yourself physically, emotionally, and spiritually.
3. To convert your relationship with the person who died from one of presence to memory.
4. To develop a new self-identity based on a life without the person in your life who died.
5. To relate the experience of your loss to a context of meaning.
6. To have an understanding support system available to you in the months and years ahead.