

# The Four Challenges of Grief Model



**(based on Worden's Four Tasks of Mourning model)**

This model highlights the four challenges we face during the grief journey. This can help us understand what needs to happen in order to process a bereavement.

[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

Challenges 1, 2 and 3 may not necessarily be completed in a particular order as everyone's grief journey is different. You may find that you have bad days and good days as you move back and forth between Challenges 2 and 3. Some days you may need to work through your grief (Challenge 2). While other days you may feel able to take a family outing, see friends, go shopping or join a new social group, for example (Challenge 3).

When you have worked through Challenges 2 and 3 it is possible, in time, to move to Challenge 4. There is no timeframe for this process - for some people this may take a few months. For other people, it may take up to two years or more.

