

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.

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.

