The Two-Way Grief Model

(Based on the Dual Process Model)



www.mindwell-leeds.org.uk

The day-to-day life of a person coping with bereavement

This model shows how it's normal to spend time both grieving and re-adjusting to your loss

Facing the reality of your loss

Grieving and thinking about the person who has died

Sorting out will or property issues

Processing further losses such as loss of being a mother, father, partner or daughter

Coping with change such as a reduced income or living alone

Comforting other family members or friends

Dealing with difficult family relationships

Continuing with everyday life - finding some relief from grieving and starting to adapt to your loss

Doing everyday tasks like cooking or going to work

Adjusting to change and taking on tasks from the person who died such as managing money, making the kids' lunch or gardening

Doing some social activities with your family, seeing friends or shopping

Joining a social group, finding new interests or making new friends