

The Six Needs of Mourning

1. **Accept the Reality of The Death**
 - a. Tell someone about the death today. Talking about it will help you work on this important first step in reconciling your loss.
2. **Let yourself feel the pain of the loss**
 - a. Writing about your pain is a good way to let yourself feel it. Try keeping a journal during the next few months. Write in it every day after school or before bed. If you don't want to write a lot, that's OK. A few sentences a day is fine.
3. **Remember the person who died**
 - a. Brainstorm a list of characteristics or memories of the person who died. Write as fast as you can for 10 minutes.(or more)., then put away your list and look at it again another day.
4. **Develop a new self-identity**
 - a. What role did the person who died play in your life? How has your life changed because of the death? Write the answers to these questions in your journal.
5. **Search for meaning**
 - a. Ask a parent or another adult you trust the "meaning of life and death" questions that are most on your mind right now. Listen to what they have to say without thinking you need to agree.
6. **Let others help you, now and always**
 - a. Who is the one person you could talk to about this death and your grief if you really tried? Even if talking about your feelings doesn't come easy to you, give it a try, one time, to this one person.