T = To accept the reality of the loss

the

tasks

of grief

E = Experience the pain of the loss

A = Adjust to the new environment without the lost person

R = Reinvest in the new reality

Based upon Worden's (1991) tasks of mourning: Worden, J. W. (1991). *Grief Counselling and grief therapy: A handbook for the mental health practitioner* (2nd edition). London: Springer.