What I am trying to avoid



o Applies to me
o Does **not** apply

It looks like :_____

_____

What can I do?

- Writing a letter to the deceased:
- What do I miss most?



o Applies to me
o Does **not** apply

It looks like :_____

_____

What can I do?

- Looking at pictures and belongings of the deceased
- To face painful memories



o Applies to me
o Does **not** apply

It looks like :_____

_____

What can I do?

- Writing about the event in detail (seen, thought, felt?)
- You can also write the story several times until it is correct.



o Applies to me
o Does **not** apply

It looks like :_____

_____

What can I do?

- Reduce grief-related behavior
- Engage in positive activities instead

I will do that before the next session

_____