

# Information Handout

Professional Version | US English

# TEAR Model Of Grief



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## Description

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Worden's (1991) model of grief proposes that we have 'tasks' when we grieve. These include:

1. Accepting the reality of the loss.
2. Experiencing the pain of the loss.
3. Adjusting to a new life without the lost person.
4. Reinvestment in the new reality.

The *TEAR Model of Grief* handout illustrates these four tasks of mourning.

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## Instructions

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This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
  - Discussion point – to provoke a discussion and explore your client's beliefs.
  - Therapist learning tool – to improve your familiarity with a psychological construct.
  - Supervision tool – to develop formulations and knowledge.
  - Teaching resource – a learning tool during training.
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## References

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Worden, J. W. (1991). *Grief counselling and grief therapy: A handbook for the mental health practitioner* (2nd edition). London: Springer.

# The tasks of grief.

**T** = To accept the reality of  
the loss.

**E** = Experience the pain of the loss.

**A** = Adjust to the new environment  
without the lost person.

**R** = Reinvest in the new  
reality.

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## Resource details

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