

Tasks of Mourning



J. William Worden's Four Tasks — an active, adaptive process of grieving

TASK 1

Accept the Reality of the Loss

Moving from intellectual understanding to full emotional acknowledgment of the permanent reality.

TASK 2

Process the Pain of Grief

Facing and working through the intense physical and emotional pain rather than avoiding or suppressing it.

TASK 3

Adjust to a World Without the Deceased

Rebuilding practical, psychological, and spiritual dimensions of a life reshaped by loss.

TASK 4

Find an Enduring Connection

Maintaining a bond with your loved one while moving forward with new experiences and relationships.

Active · Tasks require deliberate work

Non-Linear · Revisited simultaneously

Flexible · Unique to every person