

GriefPlan.com

with Dr. Jason Troyer



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Grief Firsts & Grief Bursts

Grief Burst

- Sudden burst of grief that is triggered by an expected or unexpected reminder of your loved one; normal, but painful

Grief First

- Encountering a situation for the first time after your loss that forces you to recognize your loss; often creates a grief burst
- Examples: First time visiting a specific location without your loved one (home, place of worship, favorite restaurant, vacation destination, etc); first time dealing with a significant date or holiday (Their birthday, your birthday, Christmas or other holidays, seasonal events, etc.; first time doing something alone (a task or chore they used to perform, etc.); a symbolic first (taking off a wedding ring, giving away personal items or clothes, etc.)

Journaling Topics

- Describe some of the grief bursts and grief firsts that you have already experienced. How have you handled these so far?
- Is there anything that makes them easier?
- Are there upcoming events or dates you are dreading?