

# GriefPlan.com

with Dr. Jason Troyer



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## What is Your Grieving Style?



**Intuitive**

**Blended**

**Instrumental**

**Grieve by:**

- Expressing Feelings
- Sharing Emotions

**Grieve:**

- Cognitively & Physically
- By Solving Problems

### Overview

- You may fall on either end of the continuum; if you are near the ends, consider trying some aspects of the opposite style to promote balance
- Recognize that other family members & friends may grieve in a different style

### Journaling Topics/Prompts

- How would you rate your own grieving style? Are you more comfortable sharing emotions, expressing your feelings, sharing your story with others (Intuitive Style)? Do you like to problem-solve as part of your grief and experience it more through thoughts and actions; do you like to "dose" your feelings out slowly (Instrumental style)?
- Is your style different than other family members?
- Do family and friends appear to respect your style?
- Are you concerned that you are too "extreme" in your style? Could you benefit from a more balanced or blended approach to your grief?