

Task 3 - Adjust to a New Environment

Three areas of adjustment after someone dies:

External	What roles did the deceased play in your life?
Internal	Adjusting to your own changed sense of self. How does the death affect self-definition, self-esteem, self-efficacy, Who am I now?
Spiritual	How has your sense of the world changed? Bereavement naturally results in spiritual discomfort. Questions may result, will my life have meaning?

Consider how do you regain some sense of control and find meaning?