

Six Needs of Mourning, from *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Dr. Alan Wolfelt
November 1, 2021

#1 Accept the reality of the death.

#2 Let yourself feel the pain of the loss.

#3 Remember the one who died.

#4 Develop a new self-identity.

#5 Search for meaning.

#6 Let others help you, now and always.