

Grief Triggers

The Ones We Expect

People	
Places	
Sights	
Sounds	
Activities	

The Ones We Didn't Expect!

People	
Places	
Sights	
Sounds	
Activities	

The Impact of Grief

Emotions		Avoidance		Coping		Thoughts		Relationships		
							Total			



Permission to Grieve	



Grief Triggers



ACCEPTANCE – That triggers are going to happen, they are normal, and understanding them helps to reduce their impact.

Before My Next Trigger

Recognize My Patterns	
Consider My Values	
Explore My Options	
Discover My Support	

As Soon As I Trigger...

Breathe	
Seek the Source	
Name the Emotions	
Dispute the Emotions	

Am I perceiving this correctly?

Are my needs really being denied?

Am I taking this personally?

Search for Lightness

Know that you are not alone.

Scenario -	
Trauma Response	Agency Response
DENIAL	ACCEPTANCE
FRUSTRATION	GRATITUDE
ANGER	GROWTH
FEAR	OPPORTUNITY

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Our Loss

Our Choices

