

Grief Triggers

The Ones We Expect	
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The Ones We Didn't Expect!	
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People	
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People	
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Places	
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Places	
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Sights	
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Sights	
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Sounds	
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Sounds	
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Activities	
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Activities	
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1 2 3 4 5 6 7 8 9 10 Total

Susceptibility

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11 12 13 14 15 16 17 18 19 20 Total

Impact

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Grief Triggers

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

Expected

Recognize	
Consider	
Explore	
Discover	

Unexpected

Breathe	
Seek	
Name	
Dispute	

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 -	
A Grief Response	A Growth Response
DENIAL	ACCEPTANCE
FRUSTRATION	GRATITUDE
ANGER	GROWTH
FEAR	OPPORTUNITY

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ATP

Our Loss

Our Choices

