The Six “R” Processes of Mourning in Relation to the Three Phases of Grief and Mourning

1. **AVOIDANCE PHASE**
   - Recognize the loss
     - Acknowledge the death
     - Understand the death
   - Confrontation Phase
     - React to the separation
     - Experience the pain
     - Feel, identify, accept, and give some form of expression to all the psychological reactions to the loss
     - Identify and mourn secondary losses
   - Accommodation Phase
     - Readjust to move adaptively into the new world without forgetting the old
     - Revise the assumptive world
     - Develop a new relationship with the deceased
     - Adopt new ways of being in the world
     - Form a new identity

2. **RECOLLECT AND RE-EXPERIENCE THE DECEASED AND THE RELATIONSHIP**
   - Review and remember realistically
   - Revive and re-experience the feelings

3. **RELINQUISH THE OLD ATTACHMENTS TO THE DECEASED AND THE OLD ASSUMPTIVE WORLD**

4. **REINVEST**

The Four Tasks of Mourning

1. **TASK I: To Accept the Reality of the Loss**
2. **TASK II: To Work Through To the Pain of Grief**
3. **TASK III: To Adjust to an Environment in Which the Deceased is Missing**
4. **TASK IV: To Emotionally Relocate the Deceased and Move on With Life**

The Six “R” Processes of Mourning from Treatment of Complicated Mourning (p. 45, Table 2.3 The Six “R” Processes of Mourning in Relation to the Three Phases of Grief and Mourning) by T.A. Rando, 1993, Champaign, IL: Research Press. Copyright 1993 by the author. Reprinted by permission. This material may not be reproduced in any form without the express permission of the publisher.

Dimensions of Grief

- **EVASION**
- **ENCOUNTER**
- **RECONCILIATION**