

Losing a Loved One to Addiction- A Grief Chart

- The chart at the right is intended to identify the components of grief that are commonly associated with parents who have lost a child to addiction.
- When the different components of grief are identified in this way, individuals can better understand the root of their sadness and be better-equipped to develop coping skills.
- For each troubling component consider efforts that were made prior to the loss to build a basis for self-validation.
- For each troubling component consider what efforts can be taken in the future to reduce the negative emotions associated with the grief component.
- Be healthy as you live with your loss.

