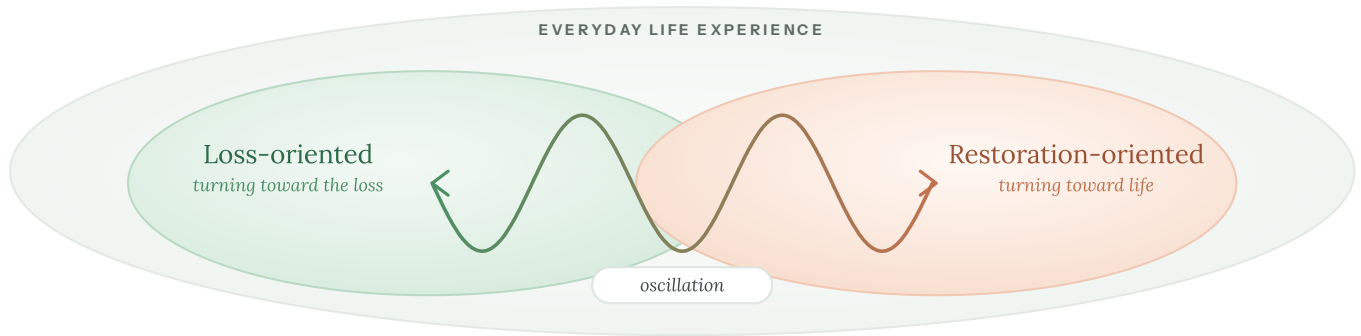


The Dual Process Model of Grief

Moving between loss and life

Grief does not move neatly through fixed stages. The Dual Process Model suggests that coping with loss involves **moving back and forth** between facing the loss and facing a changed life, and that this movement, called **oscillation**, is a healthy part of grieving.



LOSS-ORIENTED

Turning toward the loss

- Feeling and expressing the pain of grief
- Yearning for and missing the person
- Remembering: photos, places, stories, rituals
- Trying to make sense of what happened
- **Continuing bonds**: finding ways to stay connected
- At times, avoiding the changes life now asks for



RESTORATION-ORIENTED

Turning toward life

- Handling practical changes: money, home, admin
- Doing new things and learning new skills
- **Taking time off from grief**: rest, distraction, humour
- Growing into new roles and a changed identity
- Building or deepening relationships
- At times, putting grief to one side

Grief is not a choice between the past and the future. It is finding a way to carry both.

The movement matters

People move between the two, sometimes within a day, an hour, or a moment. Both sides are part of coping, and each gives a break from the other.

Breaks are healthy

Laughing, working or enjoying something is not betrayal or "moving on too fast". Stepping away from grief for a while is part of the model.

No fixed timeline

The balance tends to shift over time, often toward restoration, but everyone's grief has its own shape and pace.

01 Reflecting on my week

There is no right place to be

Where has most of my time been lately? Mark an X on the line.

mostly with the loss

moving between both

mostly with daily life

Something that helped me turn toward the loss...

Something that helped me turn toward life...

A side I may have been avoiding...

One small, gentle step toward it...

A way I'd like to remember them this week...

Someone I could share how I'm doing with...

02 Gentle reminders

There is no right or wrong way to grieve. Moving between loss and life is not failing at either.

Grief can feel lonely, but it is shared by everyone who has loved. Letting others in can help.

The loss may always be part of your story, and over time many people find room alongside it for meaning and hope.

When to reach out

If grief stays overwhelming for a long time, makes daily life very hard, or you have thoughts of not wanting to live, please **talk to your GP, your therapist or a support service**. In an emergency, contact emergency services.

SOURCES

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