

# **Theoretical Foundations**

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

## **Avoidance phase**

1. Recognize the loss
  - Acknowledge the death
  - Understand the death

## **Confrontation phase**

2. 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
3. Recollect and re-experience the deceased and the relationship
  - Review and remember realistically
  - Revive and re-experience the feelings
4. Relinquish the old attachments to the deceased and the old assumptive world

## **Accommodation phase**

5. 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
6. Reinvest

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