Dual Process Model Stroebe & Schut (1999)



Everyday Life Experiences

Loss-Orientated

- Grief work
- Intrusion of Grief
- Relinquishingcontinuing relocating bonds/ties
- Denial/avoidance of restoration changes

Restoration-Orientated

- Attending to life changes
- Doing new things
- **Distraction from** Grief
 - New
 - roles/identities/ relationships

Oscillation

