

6 R's



Researcher and Clinical Psychologist Therese Rando has contributed a stage model of the grief process that she observed people to experience while adjusting to significant loss. She called her model the "Six R's":

Recognise the loss:

First, people must experience their loss and understand that it has happened.

React: People react emotionally to their loss.

Recollect & Re-experience:

People may review memories of their lost relationship (events that occurred, places visited together, or day to day moments that were experienced together).

Relinquish:

People begin to put their loss behind them, realizing and accepting that the world has truly changed and that there is no turning back.

Re-adjust:

People begin the process of returning to daily life and the loss starts to feel less acute and sharp.

Reinvest:

Ultimately, people re-enter the world, forming new relationships and commitments. They accept the changes that have occurred and move past them.

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