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.