



CHANGING ROLES

Old Roles

The reality of death includes changing roles and secondary losses of leaving those rolls behind. Identify those role you have played and now given up in relation to the person in your life who has died, such as caregiver, advocate, cook, medical appointment coordinator, etc. List them below. Think about the identity and values placed on those roles by yourself and/or others.

List the roles you have given up here:

New Roles

Identify roles that are new in your life since the death. They can be cook, house cleaner, maintenance person, bill payer, tax preparer, breadwinner, family leader/administrator, spiritual leader.

List the new roles you are learning/performing here:

What do these new roles feel like?

Are they easily doable?

Do you resent or accept them?
