

Handouts for Clients and Families

The Large-Print Grief Handout, which can be shared with clients, is an example of a brief information tool modified to reflect age-sensitive practices (<https://staging.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>).

Large-Print Grief Handout

What Is Grief?

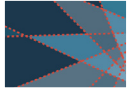
Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Whatever your loss, it's personal to you.

Coping With Grief

Although loss is a part of life that cannot be avoided, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to move on with your life. This doesn't mean you will forget your loved one, but you can find a way to hold that individual in your heart and your memories while continuing to live your life. This includes:

- Acknowledging your pain.
- Accepting that grief can bring up many different and unexpected feelings.
- Understanding that your grieving process will be unique to you.
- Seeking out face-to-face support from people who care about you.
- Supporting yourself emotionally by taking care of yourself physically.
- Learning the difference between grief and depression.

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The Grieving Process

Grieving is highly individual; there's no right or wrong way to grieve. The grieving process takes time. Healing happens gradually; it can't be forced or hurried—and **there is no "normal" timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever grief is like for you, it's important to be patient with yourself and allow the process to naturally unfold.

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The next set of handouts will help you and your clients understand how drinking may conflict with their values, keep track of their drinking, manage their alcohol consumption, and make a change plan around alcohol use.

Does Your Drinking Conflict With Your Top Values?

If you are considering quitting or cutting back on your alcohol intake, it may help to think about whether your drinking conflicts with your top values. You may first need to identify what those values are. Think of your top values as the principles, qualities, and beliefs that are most important to you and that you most want your life to reflect. Examples of values include independence, generosity, and honesty. The Internet has many free exercises on identifying top values. These exercises differ in what values are listed and how you prioritize them, so you may want to look at more than one exercise. Some values exercises can be found at:

- www.smartrecovery.org/smart-recovery-toolbox/values-and-goals-clarification
- https://harvard.az1.qualtrics.com/jfe/form/SV_e35whN7tkXtvlHy
- www.therapistaid.com/worksheets/values-clarification.pdf

Below are several questions to ask yourself about the relationship between your drinking and your top values. Does drinking conflict with any of your top values? If so:

Which values does drinking conflict with? _____

How does drinking conflict with these values? _____

How does this conflict keep you from living out your top values in daily life? Be as specific as possible. _____

