

SESSION TWO – Homework Assignment

Read Chapters 6 - 9. The last part of Chapter 6 - pages 66, 67, & 68 - and all of Chapter 7 are for people who are not in this program. You may read those sections for general knowledge or you can skip them.

Pay particular attention to the section entitled: *Who is responsible?*, from pages 62 to 66. Although loss may be 99% responsible for how you feel, you must be willing to take 1% responsibility for your reaction to loss. It is essential that you begin to understand the idea of taking responsibility for your reaction to your losses, because it is the only thing you can actually work on.

Now go back and re-read Chapter 8 and underline the passages that affect you. Short-Term Energy Relieving Behaviors [STERBs] is such an important category that this week's homework is focused on it.

Use the Homework Assignment contained in these two paragraphs from page 82 of *The Grief Recovery Handbook*:

After reading the chapter again, try to identify at least two examples of short-term relief you have used to displace your feelings. This is not as easy as it appears. It could be your first chance to demonstrate your commitment to total honesty.

Here is the list of short-term energy-relieving behaviors from earlier in the chapter. Use it as a guideline to help determine whether you have been relying on short-term relief.

- *Food*
- *Alcohol/Drugs*
- *Anger*
- *Exercise*
- *Fantasy (movies, TV, books)*
- *Isolation*
- *Sex*
- *Shopping (humorously called Retail Therapy)*
- *Workaholism*

Write down any of the short-term energy relievers from the list in which you have participated. Then add any others you realized you may have used, or are still using. It is actually very common in our society to have been socialized with the idea that we should cover up emotional pain rather than confront it directly. STERBs are a perfect example of an indirect—and sometimes damaging—way of avoiding our real feelings.

See page two of this homework →

Notes on STERBs:

Read and re-read Chapter 9. Pay particular attention to the fact that death is not the only kind of loss. Divorce, Moving, Financial Problems and Loss of Trust events are just a few examples of the many different loss events that may have occurred during our lives.

Even though you may feel inclined to start your Loss History Graph, please do not. We will work on it in your next session. However, if some losses pop to mind, it is perfectly okay to make notes so you won't forget. Bring your notes to your next session.

Remember to take your homework assignment seriously. This week you will have to be willing to look honestly at yourself as we begin to move from discovery to recovery. Try not to leave it until the last minute and cause yourself to rush. Your recovery will be the direct result of your participation. Do not shortchange yourself.