

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.

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