

GriefPlan.com

with Dr. Jason Troyer



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

Rebuild: Assess Challenges & Enlist Mentors

In order to rebuild, you need to determine what your current and future challenges are so we can create a plan to meet those challenges. Rebuilding involves learning practical skills that you need to survive in the day-to-day world as well as rebuilding yourself, your view of yourself, your world and your relationships with the living. What practical challenges are facing you?

Rebuild Assessment

- **Which of the following topics or tasks do you need assistance with?**
- Grocery shopping
- Clothes shopping
- Food preparation (healthy meals)
- Daily household chores (kitchen, laundry, cleaning, etc.)
- Long-term household maintenance
- Daily/month financial matters (checkbook, bank statements, etc.)
- Long-term financial matters (insurance, taxes, retirement planning, etc.)
- Health care, physician's appointments, etc.
- Parenting, child care, keeping up with school-related activities
- After-school schedule & activities

Enlisting Mentors

Whatever the challenge is, there are mentors and teachers out there. You see, when those people who said to you, ‘let me know what I can do to help’ – this is what they were hoping you would do. Come to them with a specific problem that they are an expert on. **If you can't ask for help now, when can you?**