

# GriefPlan.com

## with Dr. Jason Troyer



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## 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?**