

Grief and Everyday Care | Example

Sam Chooses a Smaller Gathering

Adults | 5 to 8 minutes | Handout

See a fictional grieving adult choose company, boundaries, and practical help.

This is a fictional story. Sam's aunt died several months ago. A family gathering is approaching. Sam wants to see cousins but feels worn out by questions about grief and by the expectation to stay all afternoon.

How to use this page

Read the example as one possible set of choices. You may prefer a different response. There is no requirement to attend a gathering, remember in public, or discuss a loss.

Naming the mixed needs

Sam writes, "I want company and an easy way to leave." Sam also wants a quiet evening afterward. These needs are not treated as contradictory. Sam decides not to host or bring a complicated dish this time.

Making a specific request

Sam messages a cousin: "Could I sit with you for a while? I may leave after an hour, and I do not want to talk about the death today." The cousin agrees to check in privately and not announce the plan to everyone.

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Reviewing without a score

Sam attends briefly, laughs at a story, and later cries in the car. Sam decides the short visit was useful and that next time a ride home would help. The tears do not cancel the moment of connection. Another day, Sam might decline entirely and ask for a meal delivery instead.

1. Which part of Sam's plan protects a choice?**Facilitator notes and adaptation**

Do not present the story as a preferred grief trajectory. The person may have a painful, conflicted, or unsafe family context. Invite options outside family participation.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA06 | National Institutes of Health, News in Health | Navigating Grief

<https://newsinhealth.nih.gov/2026/07/navigating-grief>

PA07 | National Institutes of Health Clinical Center | Kind Ways to Support Someone Who Is Grieving

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<https://www.cc.nih.gov/bereavement/support>