



Grief Triggers

*As a Topic in Meetings
Triggered by the Meetings*

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Triggers: What are They?



- A grief trigger is anything that brings up memories related to a loss.
- Memories that pop into your head without any effort on your part to recall them.
- Grief triggers are those reminders, often unexpected, that in an instant can cause a wave of grief to wash over you or even knock you down.

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How Many Times Have You Heard:

“I was doing so well until...”

- That song
- That day
- That smell
- That food
- That picture
- That person
- That event
- That holiday

...and then I fell apart.”

Not All Triggers are Negative

- Some are sweet, happy memories
 - Some are not clear memories
- But...
- Some are a like a punch to the gut
 - Surprising
 - Painful



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Coping Strategies

Anticipate	Know what might happen and what or who you will need
Avoid	Some things don't ever need to happen again
Adapt	Change what needs to be changed, start new traditions
Accept	Triggers are part of grief

Triggered: Facilitator

- Recognize what is happening
- Cue co-facilitator
- Tell the group when appropriate
- Call for support following the meeting
- Plan for the next time



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Triggered: Participants

- Remember not all triggers will be obvious
- Watch for people's reactions, especially to sensitive topics
- Balance the group
- Offer support to the individual and the group
- Help the participants discuss the triggers
- Remind everyone that triggers are common in grief
- Follow up with those who were triggered

How can I look after myself in this moment?



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