

# GRIEF STYLES

Grief Styles was created by  
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Each of us is unique. We respond to events and experience life in different ways. Although you may see yourself in more than one category, find the category that BEST describes you. There are no right or wrong answers! No one style is better than another. They are just different. You may not wish to label yourself, and that is okay. But knowing your grief style is a helpful tool in understanding your grief.

## BLUE “The Doer”

Calculates the probabilities  
Looks for similarities.  
Reacts slowly.  
Wants facts.  
Precise, thorough, careful.

Avoids becoming too  
emotional.  
Conceptualizes now models.  
Organized, follow-through.  
Uses analysis.

## RED “The Feeler”

Likes change, excitement.  
Trial and error.  
Adapts easily.  
Gut reaction.  
Involves others.

Get others' opinions.  
"Jumps in."  
Can be impulsive.  
Emotional.  
Looks to the future.

## GREEN “The Thinker”

Likes to be in control.  
Searches and solves.  
Uses factual data, book.  
Uses reason to meet goals.  
Applies ideas to problem  
solving.

Acts independently.  
"Tests the water."  
Learns by testing, cautious.  
Controlled.  
Honors the present.

## PURPLE “The Dreamer”

Uses senses.  
Asks questions.  
Unhurried, casual.  
Avoids conflict.  
Uses imagination and  
fantasy.

Sees many alternatives.  
Cannot be pushed until  
ready.  
Works in bursts of energy.  
Likes assurances from  
others.



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	<b>Advantages</b>	<b>Disadvantages</b>	<b>Helps</b>
<b>Blue</b> <b>"The Doer"</b>	Fact focused Super organized Calculates probabilities Uses past constructively Seeks models, resources Works well alone	Needs many facts to act. Must stay organized. Takes risks slowly Lets go of past reluctantly. Too bogged down in theory. Does not share emotions or self.	Fact focused. May need help responding to others' emotions. Needs a balance between work & play. NO NONSENSE. Impatient in team "process." Gets things done. "Busy" team member.
<b>Red</b> <b>"The Feeler"</b>	Takes risks. Gets others involved. Tries several options. Very active. Uses gut reaction. Gets new ideas from others.	Impulsive. Demanding of friends. Splintered. Too many options. Little organization. Few goals. No "anchor points." Loose ends.	Emotionally oriented. Appeal to feelings. Give plenty of social opportunities. Honor & respect ideas. Willingness to try new things. May need structure in order to accomplish goals. Good team member.
<b>Green</b> <b>"The Thinker"</b>	Fact finding. Evaluates opinions. Sets up trial situations. Sets goals and acts. Works well independently. Problem solving.	Discounts feelings. Task overrides people. Impatient. Needs to control. Uses others ineffectively. Not cautious in actions.	Thought oriented. Focuses on thinking things through. Works better independently. Runs meetings very well. May need reminders to be more "people oriented." Good team leader.
<b>Purple</b> <b>"The Dreamer"</b>	Many alternatives. Creative options. Waits for "best time." Sense of perspective. Watches to see how others cope. Sees potential.	Many ideas, no action, decisions. Lacks action plan. Waits too long. Misses the point. Impatient with details. Uncritical.	Very creative. Excellent brainstormer. Needs help focusing and an ACTION plan. Slow decision maker, but LOTS of options. Will walk away if confrontation arises. Creative team member.

## Working with Different Grief Styles

<p><b>BLUE:</b> Least emotional. Prefers being alone. Likes information, but does not deal with outward expressions of emotions. May be seen as not participating, but is attentive. Does not like group sharing and may refuse to participate in group activities. Likes solo activities.</p>	<p><b>RED:</b> Emotional. "Feels" way through grief, loves group activities, sharing of grief "story". Hugs a lot, but may need reminding that not everyone likes to share or hug.</p>
<p><b>GREEN:</b> Practical. "Thinks" way through grief, prefers smaller group or one-on-one activities. Does not always share, but participates in silence. Enjoys reading about grief and learning about grief reactions.</p>	<p><b>PURPLE:</b> Imaginative, creative. No controversy. Loves ceremonies, rituals, acting out the grief story. The keeper of the memories. Has a difficult time making quick decisions...lots of alternatives.</p>