

Losses Through Life

March 8, 2012

- I. Why- I have realized two things after working with people experiencing loss over the past 30+ years. If we don't grieve our losses and major changes over our lifetime, they can affect us all of our lives. Every major change has a component of loss which must be grieved. And we must learn healthy coping skills and practice them to prepare ourselves for those in later life. Experts tell us we will have 20 secondary losses and 7-10 major losses in our life time. Most of the major losses will occur later in life. Four of my major losses have occurred in the past 5 years! Do Life Loss Graph-there is a component of grief in every major change
- II. Losses Not Age Related
- III. Life Loss graph
- IV. Transfer losses to "Loss/Coping Skills" form
- V. Coping Skills-often relates to the fear we often experience when there is a loss or major change in our lives.
 - a. Walk
 - b. Write
 - c. Eat
 - d. Don't eat
 - e. Drink alcohol
 - f. Medications/drugs
 - g. Exercise
 - h. Pray
 - i. Help others
 - j. Watch TV
 - k. Work/play on computer
 - l. Run away-emotionally or physically
 - m. Replace lost item – i.e., pet
 - n. Talk to someone supportive
 - o. Become isolated
 - p. Spend time with animals
 - q. Spend time with small children
 - r. Spend time in nature
 - s. Hobby
 - t. cry