



Journal:

Grief and Loss

05

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Grief and Loss

Loss 1

(video: 13 minutes)

Notes:

Everyone experiences loss

Blame can block grieving

Discussion/Reflection:

Is there anything I am blaming myself for when I look at my losses?

Why? (More in spiritually inclusive section)

Think about the following statement:

“Holding onto these things and punishing myself is only going to drain me of the energy I need to fix my situation right now.”

My reactions:

(Continue on blank sheets if needed)

Weaving the loss into who I am and how I will now live:

Discussion/Reflection:

Now, free of self-blame and shame, this is how I am going to weave these losses into who I am and how I am going to live the rest of my life:

“Normal Grief”

Time will heal

Shock and denial

Pain in vulnerability itself

Life changes forever

“Presence” of the lost

Anniversary reactions

Holidays are difficult

“Grief attacks”

Hopelessness and wish to be reunited

Associations

Discussion/Reflection:

Anger

Discussion/Reflection:

Is there any anger associated with the loss?

Grief and Loss

Loss 2

(video: 14 minutes)

Pathological Grief

1. Guilt

2. Blame

3. Clustered losses-Too many losses at one time

Attention is drawn to the latest one

“Should” be over the previous one(s)

Each loss requires:

Getting past the blame

Weave loss into how you will now live

4. Missed “Goodbyes”

Imagery potential

Letters

5. Honorary or “Memorial” brokenness

Caution about visiting a grave too frequently

There is greater honor in living with a memory than in the death of your own future.

Discussion/Reflection:

Clustered losses

Missed "Goodbyes"

"Honorary" or "Memorial" brokenness

6. Anger at the time of loss

7. Dying "Promise" or "Contract"

8. Rebuilding without primary support

Discussion/Reflection:

Anger at the time of death

Dying "Contracts"

Loss of primary support

9. Loss without recognition

10. Other losses

Medications and drugs during loss

Discussion/Reflection:

Unrecognized or unsupported loss

Specialized losses

Medications and drugs

Spiritually Inclusive segment:

(First, let go of blame)

Meaning / purpose - Why?

Fair?

Anger?

Bargaining with God

Survivor guilt

Ultimate reasons for loss:

Discussion/Reflection: