

My Losses

Directions:

1. List “events” of loss that have occurred around the outside of the circle. (Examples: *Self-respect, jobs, relationships, marriages, children, love, money, houses, spirituality, sensitivity, education, friendships, emotional stability, pride, honesty, alcohol, control, ability to communicate, respect from others, ability to think clearly*)
2. Make note about your *feelings, thoughts and beliefs* inside the circle.
3. **Maintain emotional safety while working on this assignment.** Monitor your level of emotional calmness or distress. If distress increases to 7 or 8 on a scale of 10, put the assignment aside and switch to another activity until you return to a comfortable baseline such as 0, 1, or 2.
4. This circle is to help you get started. If you need more writing space, feel free to change the format and use other paper.

Goals:

1. Watch for patterns related to how you personally do (or don't do) grief.
2. Create a list of “grieving targets” (unfinished grief) that are relevant to you now, and select from this list targets to help you increase focus during this course.

