

Example: Loss Inventory

Week 1 – Understanding Grief / Models of Grief

Homework:

Write your own loss inventory.

In chronological order, list ten losses on a piece of paper.

Please note:

Grief is a natural response to many types of losses, not just death. It can include the loss of a relationship, loss of a home, loss of a job, loss of a pet, etc. Use this exercise to inform your work and it may also be something you want to do with your clients.

Please see the example below:

David Page

1. 1986 Grandma, Fern Churchill, died (My first funeral)
2. 1999 Dad, Dr. David E. Page, died
3. 2000 Daughter, Jackie Page, died (Age 5)
4. 2005 Left church plant in Auburn, CA
5. 2007 Father-In-Law, Frank Finch, died
6. 2010 Mentor, John Wooden, died
7. 2011 First Job Loss (Forest Lawn 1099)
8. 2020 Diagnosed with CLL (Leukemia)
9. 2021 Pet dog, Ari, died
10. 2022 Mother, Joanne Page, died

Today's Date:

10-29-2024