

# IDENTIFYING OUR LOSSES

## **Overt (Obvious) Losses**

1. Death of a family member, loved one, or friend
2. Death or separation from a spouse or loved one(s)
3. Change of residence
4. Loss of job or income
5. Loss of money, wallet, or possessions
6. Serious illness (self or others)
7. Loss of independence, e.g., hospitalization or need for personal care (self or others)
8. Accident or injury (self or others)
9. Loss of mobility (self or others)
10. Other losses

## **(Covert (Hidden Losses))**

1. Not getting important things I needed and wanted
2. Getting things I neither needed nor wanted
3. Loss of self-esteem/self-confidence
  - a. Nothing I say or do is ever quite good enough
  - b. Behind my facade I feel worthless and ashamed
  - c. Regret for things I should have done, or should not have done
  - d. Holding a personal or family secret
  - e. Dislike of personal appearance, body size or gender identity
4. Loss of feelings
  - a. Numbness
  - b. Chronic depression
  - c. Fear of anger (self or others)
  - d. Fear of crying (self or others)
5. Loss of hope
  - a. Trust
  - b. Expectations
  - c. Dreams
  - d. Ideals
  - e. Belief systems
6. Threatened losses
  - a. Fear of rejection
  - b. Fear of abandonment
  - c. Loss of control
7. Other hidden losses

