



	Low		Medium		BIG	
	✓	#	✓	#	✓	#
Empty Nest						
Change in family visits						
Estrangement from someone you were close to						
Loss of a family member's health (temporary)						
Loss of family member's health due to chronic illness						
A family member's health is terminal						
Your health changes (temporary)						
Your health changes due to chronic illness						
Your diagnosis is terminal						
Loss of Mobility						
New Job or Change in work schedule						
Fired / Laid Off / Demotion						
Job Transfer / Promotion						
Readjustment at work (geographical or project-related)						
Retirement						
Partner/Family changes work habits/pattern						
Move to a new location						
Started or Ended school/training						
Mortgage						
Foreclosure						
Loss of Youth						
Loss in financial status or security (i.e. bankruptcy)						
Miscarriage (may affect more than one)						
Lack of purpose/dreams about your future						
Change in sleep habits						
Change in eating patterns or habits						
Change in your body (medical, weight, meno/andro-pause)						
Loss of faith						
Change in spiritual activities						
Change in social activities						
Change in leisure						
Loss of trust in self / other/ life						
Loss of Autonomy / Independence						
Loss of Safety						
Loss of Identity						
Loss of Innocence						
Other? Add whatever you think is missing.						
<b>Tally your total of check marks for the whole list here</b>						

We naturally accumulate losses over the course of a lifetime. How we grieve these losses directly affects how life feels moving forward. Imagine carrying your accumulated grief for the rest of your life! To learn the lifelong skill of getting through grief, visit [goodgrief.rocks](http://goodgrief.rocks) or contact CMA Medeiros via [info@goodgrief.rocks](mailto:info@goodgrief.rocks)

