

Do you know how to lighten the load of emotional baggage due to loss and change? Maybe not? Few of us have been taught how to deal with it, and many of us have been told to grieve alone / keep busy / replace the loss / be strong for others / don't feel bad. Hah! Great advice! ***NOT***



Grief doesn't hurt us—it's what we do—or don't do—to address that grief that hurts us. Ask yourself: Has the energy of your grief disappeared forever when you ignore it long enough? If you answered no, then you may be ready to learn how to handle the emotional baggage of loss and change (aka grief).

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Try out this Loss "Counter" to guesstimate how heavy a burden you may be carrying. Knowledge is power! This is the first step to working through your grief. Throughout life, you experience losses that impact you in *small*, medium, and **BIG** ways, some of which may still be rocking your world and weighing you down. Let's imagine the low impacts are like pebbles tucked in your backpack of life as you trek along, the medium impacts are like rocks and the BIG impacts are like boulders.

Don't like this style of loss counter? No worries! Try the [flowy version](#) on www.goodgrief.rocks

What is Loss?	a change in or an end to a pattern									
<p>Directions: Identify losses that have caused you pain and suffering. Determine whether that loss feels like a low, medium, or BIG impact, and checkmark the appropriate (low/medium/big) column. Optional: The # columns enable you to tally how many low, medium, and BIG impacts you've endured around each particular loss.</p> <p>Example: I have lost 5 dogs in my life. One I considered Mom's dog, so that was a medium impact, so I give it a 4. I've lost four dogs in 2 break ups, so I gave three of them each 8. 1 of the dogs felt like a brother from another mother, so I give that loss a 10.</p>										
<p>Low impact loss range (1 to 3) For those of you who like measuring by numbers, it would be in the 1 to 3 range where 10 is the biggest. For those of you who like gauging by feelings, it would feel like a bumpy road, but you're still trekking along.</p>	IMPACT									
	Low ✓				Medium ✓			BIG ✓		
<p>Medium impact loss range (4 to 7) Numbers-wise it would be in the 4 to 7 range where 10 is the biggest. Feelings-wise, it would feel like a blow, and you're wanting some time, or some self-care, or some support to sort things out and/or recalibrate.</p>	1	2	3	4	5	6	7	8	9	10
	←—————→									
<p>BIG impact loss range (8 to 10) Numbers-wise, it would be in the 8 to 10 range where 10 is the biggest. Feelings-wise, it's like you've been pushed off the tracks, unable or not yet ready or clueless as to when you'll get back on track. Maybe it hurts so bad there is little else you can or want to do or focus on. Maybe you feel out of control a little or a lot.</p>	# Did it happen more than once? Write the number of other times after the first it happened in the low, medium, or big # column.									
	✓	#	✓	#	✓	#	✓	#	✓	#
Marriage / Marital Reconciliation <i>the familiar pattern before coming together has changed in some way</i>										
A child is welcomed (birth, adoption, foster, etc.)										
Divorce/breakup/separation										
Death of friend or family (you define family)										

Tally your check marks so far and go on to next page						
	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)						
Loss in financial status or security (i.e. bankruptcy)						
Retirement						
Partner/Family changes work habits/pattern						
Move to a new location						
Started or Ended school/training						
Sexual identity						
Gender identity						
Abortion						
Miscarriage (may affect more than one)						
Ritual / Methodical Abuse						
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.						
<i>Tally your totals for the previous page here</i>						
<i>Tally your totals for this page here</i>						
<i>Tally your total total for the whole list here</i>						

We naturally accumulate losses throughout a lifetime. You may have experienced some that aren't even on this list! How we handle the emotional baggage, pain, and suffering from the losses and changes (aka grief) directly affects how we move through life (and your ZEST for life!) moving forward. There is a way to get through grief to relief. Learn the skill and get skilled for life. Visit

<www.goodgrief.rocks> or contact CMA Medeiros via the1cma@goodgrief.rocks

