

# Loss

... and losses.

The losses are usually  
not chosen and are  
all too apparent.

Some things are both  
lost and gained.

# Loss

*adventure*  
*affection*  
*affirmation*  
*call*  
*certainty*  
*competence*  
*community*  
*comprehension*  
*control*  
*familiarity*  
*freedom*  
*future prospects*  
*health*  
*illusions*  
*intimacy*  
*meaning*  
*meaningful work*  
*one good-bye too many*  
*power*  
*purpose*

# Loss

*recognition*  
*respected role*  
*routine*  
*security*  
*significance*  
*significant relationships*  
*social network*  
*something precious*  
*stability*  
*status*  
*useful knowledge*  
*usefulness*  
*vocation*  
*certainty*  
  
*not knowing what*  
*you don't know*

# Loss

Loss is an event.

Loss is real, inevitable  
and painful.

When loss happens, we grieve.

The nature of the loss  
determines the nature  
of the grief.

Finite losses provoke  
finite grief.

An enduring loss  
causes enduring grief.

# Grief

Grief is our response to loss.

Grief is accepting and

adapting to loss.

Grief is natural, normal  
and inevitable.

Engaging honestly with loss  
is hard.

*'Aren't you glad to be home?'*

# Grief

How do I grieve?

What characterises

my style of grieving?

How do those I love grieve?

*accident prone*

*aloofness*

*anger*

*anxiety, fear*

*bitterness, contempt*

*chaos, confusion, denial*

*curiosity (why?)*

*depression, sadness, sorrow*

*desperation*

*disappointment*

*discouragement*

*disgust*

*disillusionment*

*disoriented*

*dissatisfaction*

*elation*

*I can't trust myself*

# Grief

*embarrassment*

*excitement*

*failure, frustration*

*fatigue, lethargy, tiredness*

*forgetfulness*

*guilt*

*hopelessness*

*hunger*

*loss of appetite*

*hurt*

*'if only'*

*impatience, irritability*

*inability to concentrate*

*inappropriate behaviour*

*insecurity*

*isolation, loneliness*

*melancholy*

*mistake prone*

*numbness, paralysis*

*nightmares*

# Grief

*optimism*

*moody*

*regretfulness*

*rejection*

*release, relief*

*resentment*

*restlessness, unsettled*

*panic, shock*

*sickness*

*stress*

*superiority*

*uncertainty*

*unfocussed*

*unfulfilled*

*unmotivated*

*unsure*

*useless*

*vulnerability*

*wanting to sleep*

*withdrawal*

*worry*

# Gain

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Grief is good.

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Jesus wept.

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Then the Jews said:

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'See how much he loved him.'

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John 11.35–36

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Know that you have loved.

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# Gain

*affection*

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*affinity*

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*affirmation*

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*assurance*

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*balance*

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*calm*

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*closure*

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*compassion*

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*comprehension*

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*connection*

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*confidence*

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*depth*

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*empathy*

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*experience*

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*expertise*

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*forgiveness*

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*freedom*

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*gratitude*

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*gratification*

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*growth*

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# Gain

*humility*

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*maturity*

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*memories*

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*opportunities*

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*optimism*

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*peace*

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*perception*

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*perseverance*

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*perspective*

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*preparedness*

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*priorities*

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*richness*

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*self knowledge*

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*skill*

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*strength*

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*trust*

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*vision*

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# Gain

Every change and transition

brings both gains ...

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The gains are more likely

to be hiddden at first.

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The gains need to be

discovered and chosen.

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