

COPING WITH THE LOSSES OF LIFE

MY PERSONAL LOSSES (lesson 2)

INSTRUCTIONS: Think about the greatest losses you have had in life. On the lines below, write what the loss was, how it affected you, and what you learned from it. Fill the whole page. We all have many losses. Then share. You will find that you are not alone. Look at the examples to help you get started.

MY LOSS	HOW IT AFFECTED ME	WHAT I LEARNED FROM IT
Ex. loss of mother before age 2	felt abandoned	explains why I have felt unusually insecure throughout my entire life, can deal with it now that I know where it is coming from.
Ex. didn't finish school because of a pregnancy	gave up dream of a career	had a beautiful child who is my pride and joy.