



LIVING WITH LOSS

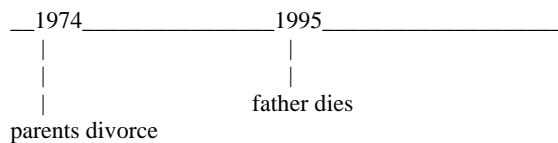
I. Movies - a great way to help open up emotions associated with loss and start dialog:

I.E. An Unfinished Life; Everyone's Fine; Message in a Bottle; My Girl; Steel Magnolias; Good Will Hunting; Elizabethtown; The Bucket List; Marley and Me; P.S. I Love You; Dan in Real Life; Stepmom

a. *What movie dealing with loss have you related to?*

II. Living with the diversity of loss:

a. *Begin the journey of realizing your own losses: Loss History Graph*



III. What is Anticipatory Grief?

IV. The 4 Tasks of Mourning

1. Accept the reality of the loss



IV. The 4 Tasks of Mourning (con't)

2. Experience the pain of the grief

3. Adjust to the changed environment

4. Reinvest in new relationships and activities

V. Grief & loss in Children & Teens

VI. Common myths about grief and loss

--common timeline to get over it

--staying busy is the cure

--being upset is equal to weak faith

--crying is good/bad

Recommended Books:

*Life After Loss by Bob Diets

*When Parents Die by Edward Myers

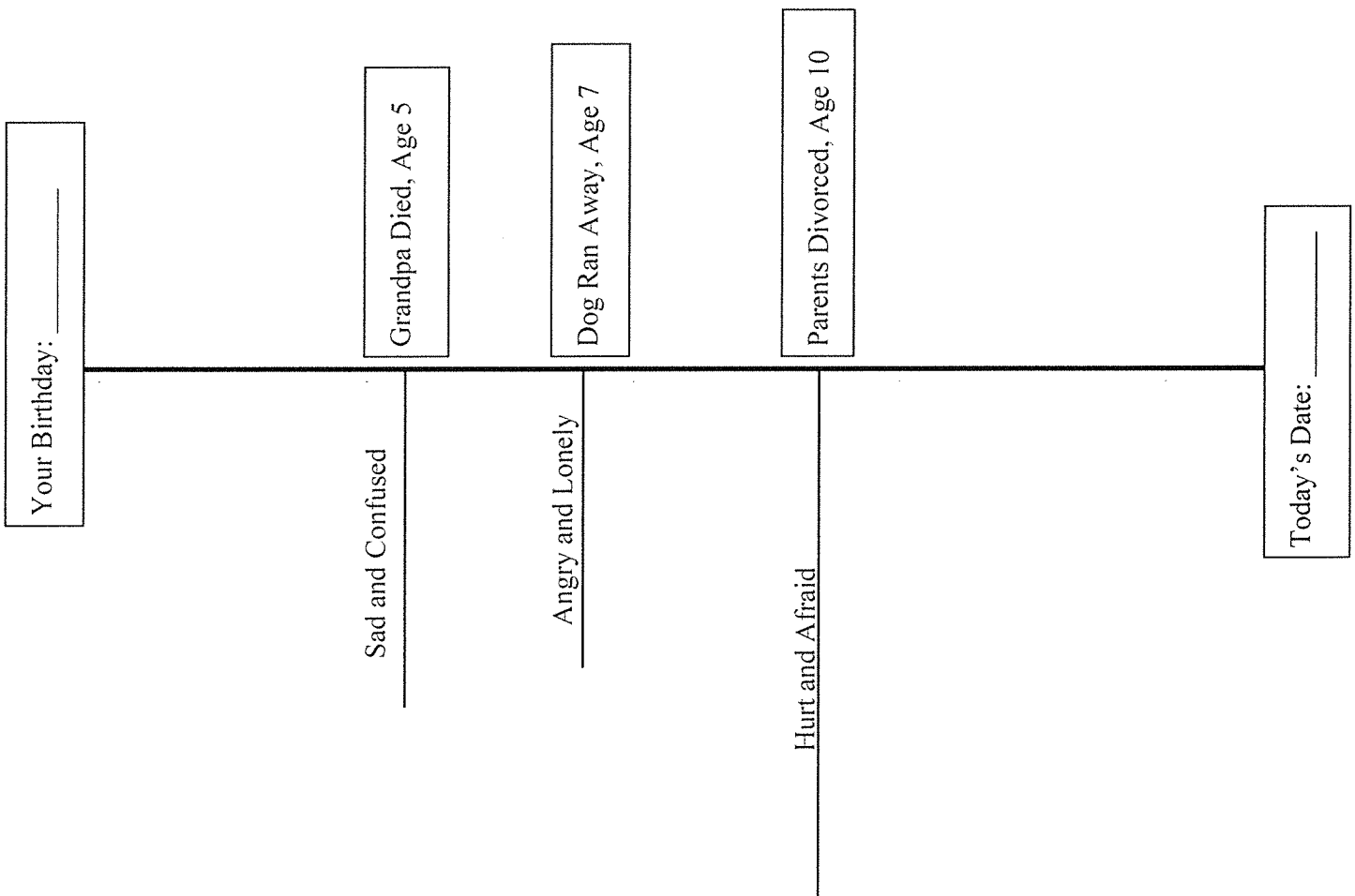
*The Fall of Freddie the Leaf by Leo Buscaglia

*Healing a Child's Grieving Heart by Dr. Mark Wolfelt

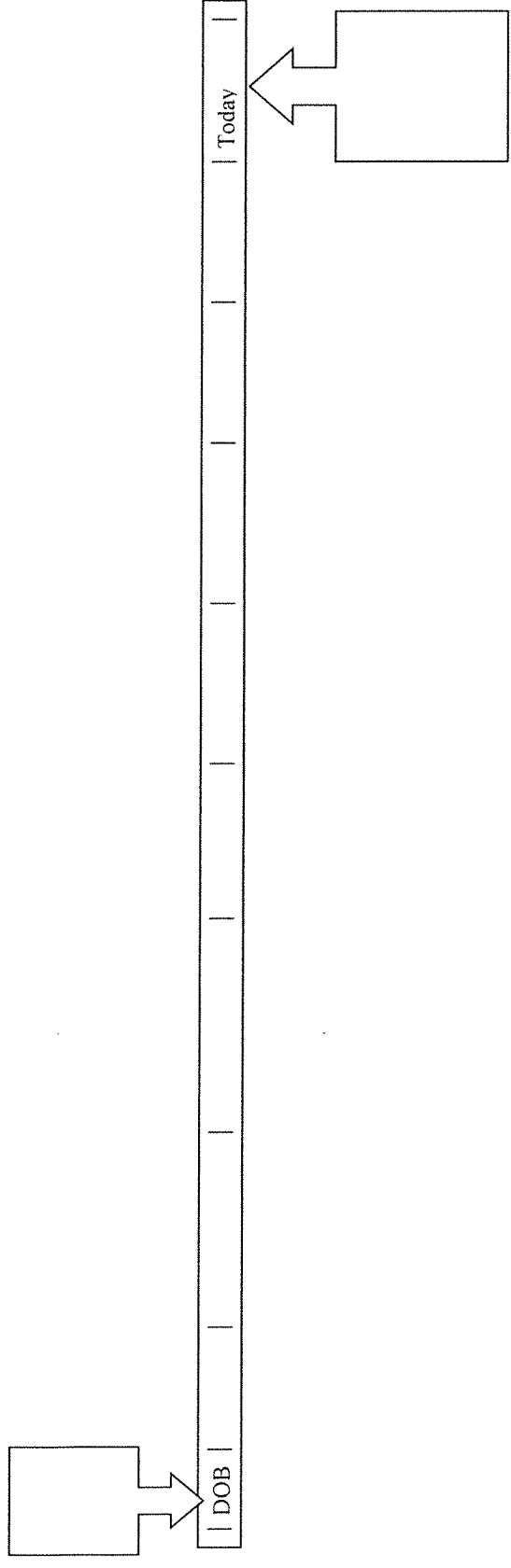
*Healing a Teen's Grieving Heart by Dr. Mark Wolfelt

Loss History Graph and Discussion

1. Graph out at least 10 of your personal losses. (These do not have to be deaths but anything that can through you into the grief process.) You do not have to know the exact dates, approximations are ok. See example below but draw graph on back of packet.
2. Above the lifeline write what happened at its approximate place in your life. Do not use losses you don't remember.
3. The lines you draw below your life line represent the depth of feeling you had at the time of the loss. Label the feelings you had with at least 2 descriptive words
4. Answer the questions on the next page after sharing in detail your memory of a big loss one loss with a partner (Question 1). (Hopefully talking about your loss will help you get over the pain of it.)
5. On the third page describe the positive and negative encounters with others when you experienced the losses. (What did they say that helped and hurt?)
6. Then share the positive and negative results of the losses on your life.



Loss History Chart



Name _____ Date _____ Period _____

1. Describe in detail your memory of a big loss.

2. Describe 3 positive ways you have coped or could have coped with loss
 - 1.

 - 2.

 - 3.

3. Describe 3 negative ways you have coped with loss, or ways you have seen other people cope.
 - 1.

 - 2.

 - 3.

4. Describe your feelings about sharing.

Name _____ Date _____ Period _____

1. Choose 2 of the losses on the Loss History Graph that other people were aware of at the time, and that you remember well.
2. Discuss the positive and negative things that people said of did when you experienced the losses.
3. Discuss the positive and negative results of the losses on your life.

<u>1. Identify the loss</u>	<u>POSITIVE</u>	<u>NEGATIVE.....</u>
Things said and done by others		
Results on your life		
<u>2. Identify the loss</u>	POSITIVE	NEGATIVE
Things said and done by others		
Results on your life		