Craig D. Lounsbrough, M.Div. LPC

Beginnings - An Ending in Disguise

Licensed Professional Counselor

Certified Professional Life Coach

When things often all we see is the end. Something comes to a close, or terminates, or dies, or disappears altogether. In whatever way it happened, something’s gone that we’d prefer not be gone. Typically the whole of our energies are directed to embracing the fact that a loss happened, trying to understand what the loss means to us, determining the impact of the loss upon us, and there figuring out how to grieve the loss. And in all of that, we miss the beginning that is now ready to step into the place left vacant by our loss.

1. What was my last major loss?

How big of a loss was that particular loss for me?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. What is it exactly that I lost?
2. What is it that I’ve gained in the loss?

To what degree am I focusing on the loss?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree am I focusing on the possible gains that could come from this loss?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Can I visualize myself at least regaining the quality of life I had before the loss?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Can I visualize myself actually creating a better life than I had before the loss?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?