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Grief and Loss – A Different Perspective

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Whether we like it or not, grief is something experienced throughout life. In and amongst the numerous emotions that we feel, grief is most often searing, at times unrelenting and frequently deep. Grief is typically attached to and is a by-product of some sort of loss. Most of the losses we experience in life are multifaceted and complex, making grief an emotion experienced at many levels simultaneously. Grief is profound and it's a natural, albeit unwanted part of this journey called life. Yet, how do we bend it to serve us instead of letting it destroy us?

List three significant things you have lost:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate the degree to which you’ve grieved all three of these losses individually. Feel free to indicate “a,” “b,” and “c” to identify each loss.

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Rate the degree to which you would *like* to have grieved each loss. Feel free to indicate “a,” “b,” and “c” to identify each loss.

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How significant is the difference between what you’ve actually grieved and the degree to which you would have liked to have grieved?

If there is something of benefit in my losses, what would that be? If I can’t identify any benefit, am I willing to consider what those might be?

What is something good that I have now that I would not have had if it weren’t for my loss?

1. Based on the observations that you’ve made so far, what are three proactive things you can do to more fully grieve your loss?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_