GRIEF
Part 5
• Tonight – Looking at our losses
  a) Goal of previous talks on grief
     i. Give you tools to grieve
     ii. Help you see the importance of grieving the losses in your past
  b) Assumption for tonight – you now have tools and supports to help you grieve in a healthy way
  c) Guideline for tonight – if it stirs up too much pain, you have permission to take a break
  d) Assignment for clients – a loss timeline
• Types of Losses

1. Relationship Loss
   a) Death (Note: Grandparent)
   b) Divorce, separation, break-up
   c) Abortion, miscarriage, barrenness
   d) Abandonment, CFS
   e) Parents getting a divorce
   f) Frequent moves
   g) Empty nest
   h) Favourite pet
   i) Not having a safe, healthy childhood – not loved unconditionally
2. Losses due to addiction
   a) Self-respect
   b) Children
   c) Family and friends
   d) Trust – of family and friends
   e) Spirituality
   f) Morals and values
   g) Self – don’t know who you are
   h) Freedom
   i) Money, possessions
   j) Career, potential careers
   k) Reputation
l) Health – physical and mental
m) Wasted years, wasted potential

3. Loss of some aspect of self
   a) Innocence due to sexual abuse or witnessing sex at a young age
   b) Ability to perform job you were trained for
   c) Loss of a dream
4. Living with a limitation
   a) Example - Car accident – Paraplegic
      i. Initial perspective – see only what it takes away from life – see it only as a negative
      ii. Changed perspective
         I. Grieve old life; Accept that you will never walk again. But that doesn’t mean you can’t have a good life
         II. Have to change/accept many things
   b) Addiction – a chronic condition – a limitation - means accepting 11 things
A. Life now has limitations; Can’t do what you used to do, or go where you used to go; have to say no to things you used to enjoy

B. You will go through the Stages of Grief over and over again

C. Life now has many vulnerable areas/triggers
   a) People, places, things, activities
   b) Anger, unhealthy relationships, fear, anxiety, loneliness, boredom, stress, depression, disrespect, procrastination, sleep, greed, envy, resentments, dealing with emotions, sex
D. Life now forces you to deal with stuff you would rather not deal with - Trauma, abuse, wounds, coping patterns, shame

E. Life is now more difficult in many ways
   a) Become disciplined and have structure
   b) Add things to your life – meetings, meditation, learning
   c) Make commitments; become responsible

F. Life now requires being very vigilant – if you relax and aren’t aware of your emotions, stress, vulnerable times, you could be in big trouble
G. Life now has an element of unpredictability
   a) Blind-sided by temptation at times – cravings that will hit you out of the blue
      i. And it has a power/life of its own
      ii. A good day can turn bad very quickly
   b) Having to cancel plans – going to family get-together where there will be alcohol – felt doable when the plans were made
H. You will feel a lot of guilt related to letting people down
I. Your brain will lie to you and tell you that you can control it, that you’re not really an addict

J. You will have times when you are just tired of having to fight it

K. Accepting that there will be many people who don’t understand
   a) They think you should be fixed by now
   b) They keep trying to fix you or tell you about some magic solution
   c) That you’re just using it as an excuse