

## Grieving Your Loss

1. What are the major losses you need to grieve?
  1. Family life
  2. Personal relationships
  3. Career
  4. Spiritual life

### Shock and denial

I still find it hard to believe that \_\_\_\_\_.

Sometimes I feel as if it wasn't really \_\_\_\_\_.

I now know that \_\_\_\_\_.

### Anger

I'm angry with \_\_\_\_\_ because \_\_\_\_\_.

I still blame \_\_\_\_\_ for the fact that I \_\_\_\_\_.

The one person I'm going to have a hard time forgiving is \_\_\_\_\_.

If \_\_\_\_\_ really cared about me, she/he \_\_\_\_\_.

### Depression

I find it depressing that \_\_\_\_\_.

I still get depressed when \_\_\_\_\_.

When I think about \_\_\_\_\_ it makes me wonder if there's any hope at all for the future.

The last time I got really depressed it was because \_\_\_\_\_.

### Bargaining and magic

I have promised myself that I will never \_\_\_\_\_.

I told \_\_\_\_\_ that if she/he would \_\_\_\_\_ then I would \_\_\_\_\_.

### List your bargains

Are you willing to give up those bargains and magical thinking?

## Sadness

I feel brokenhearted when I think about \_\_\_\_\_.

The last time I had a really good cry was \_\_\_\_\_.

During my recovery, I have felt genuine sadness about:

## Forgiveness, resolution, and acceptance

List 5 people that you've identified as needing your forgiveness.

Where are you in the forgiveness process with each of these people?

1. I'm still in shock and denial
2. I haven't yet fully acknowledged and expressed my anger
3. I've reached the point of depression.
4. I'm still dealing with bargaining and magical thinking.
5. I've been crying out my sadness.
6. I have accepted what's happened and forgiven this person; I am at peace.

REMEMBER that you're not excusing what was done to you: You're accepting the fact that it happened and offering forgiveness as a solution to your pain.

I can't change the fact that \_\_\_\_\_.

I can see the way to release my pain is to \_\_\_\_\_.

I'm willing to let go of \_\_\_\_\_.

One thought that is especially freeing for me is \_\_\_\_\_.

I forgive God for \_\_\_\_\_.

I forgive my parents for \_\_\_\_\_.

I forgive myself for \_\_\_\_\_.

For the first time I feel a sense of peace about \_\_\_\_\_.