

## Degriefing® Types of Losses

### Concrete losses

Personal possessions  
Money  
Pet  
Job  
Stocks, bonds  
Residence

### Developmental losses

Loss of fertility  
Loss of mobility  
Loss of skin tone  
Loss of vision  
Loss of FACE  
Loss of hearing  
Loss of hair  
Loss of natural hair color  
Loss of control of body temperature

### Loss of Self

Through physical illness  
Through divorce  
Through spouses death  
Through job loss  
Through retirement  
Through substance abuse  
Through mental illness  
Through abortion  
Through surgery  
Through physical/emotional/sexual abuse

### Abstract losses

Loss of dreams  
Loss of faith/trust/hope  
Loss of childhood/innocence  
Loss of sexual energy  
Loss of virginity  
Loss of personality/humor  
Loss of familiarity  
Loss of independence  
Loss of femininity/virility  
Loss of civil liberties/freedom  
Loss of quality of life  
Loss of ability to face things

### Loss of Others

Death of spouse/partner  
Death of parents/friends  
Death of child/grandchild  
Death of siblings/relatives  
Through separation  
Through divorce  
Through geographic move  
Through job loss  
Through war  
Through retirement  
Through miscarriage  
Through abortion  
Through drug use  
Through loss of friendship  
Through suicide

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