

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