



## EVALUATE YOUR LOSS

WITH WHICH OF THE FOLLOWING SENTENCES DO YOU IDENTIFY?

1. I don't want to think about my loss
2. I will never be happy again
3. These catastrophes only happen to me
4. Everybody is happy except me
5. I am not interested in taking care of my health
6. I don't believe in support groups
7. I don't believe in God
8. I don't believe in spiritual guides
9. I feel very angry
10. I feel much resentment
11. I will never forgive the person who has caused this pain
12. I don't want to talk about death
13. Life is not fair
14. If I get busy I don't need to think about my loss
15. I don't need to share my pain
16. I need to be strong in front of people
17. From now on I won't show my real feelings
18. I don't think I will ever recover of this pain
19. Nobody understands me
20. I will never see my loved one again
21. Religion doesn't help to heal a loss
22. Why did this happen to me?
23. I am responsible for this loss
24. Someday I will be happy
25. I will learn to live with this loss
26. I will survive this loss and transform my life
27. I prefer to be alone
28. I don't want help

29. I have internalized my loss
30. I will be happy again
31. Losses are part of life
32. Everybody face difficulties in life
33. My health is very important
34. Support groups can be helpful
35. I believe in something greater than me
36. Sometimes we need spiritual guidance
37. I have been able to let go of anger
38. To have a grudge is not healthy for my soul
39. I have been able to forgive
40. It is necessary to talk about death
41. Sometimes life is not easy but I keep on living
42. Although it is difficult I need to process my loss
43. To share my loss with others help me a lot
44. I don't need to pretend I am strong
45. It is important to show my real feelings
46. The day will come when I would have recovered from this pain
47. There are people who understand my pain
48. My loved one will always be in my heart
49. The spiritual dimension helps to find meaning in the loss
50. I am not the only person facing a loss
51. I am not responsible for this loss
52. I help other to cope with their loss
53. I am able to love, starting with myself
54. As I transform my loss I can change my life.

Ligia M. Houben, MA, CG-C, CT, CH  
Life Transitions Coaching and Consulting  
Certified Grief Counselor/Speaker-Author  
[www.mymeaningfullife.com](http://www.mymeaningfullife.com) [info@mymeaningfullife.com](mailto:info@mymeaningfullife.com)