

GriefPlan.com

with Dr. Jason Troyer



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Impact of Previous Losses - Your Loss History

Time Periods

- Earliest Memories
- Childhood
- Teens
- Young Adulthood
- Middle Adulthood
- Late Adulthood

Types of Losses

- Deaths of Family
- Deaths of Friends/Community Members
- Death of Pets
- Divorce or Family Stability
- Loss of Job

Loss History Review

- Review your personal history of loss to uncover patterns and early experiences that may still be influencing your grief.

Journal Prompts

- What is your earliest memory of a death or loss? What did you learn about grief (healthy & unhealthy reactions)?
- What is your earliest memory of a funeral?
- Does your family have different "rules" about grief than others?
- How does your cultural background influence your grief experience?
- Have you experienced several losses in a short period of time?
- How have your previous losses affected your current grief response?
- Have you experienced a loss that included 'secrets'?