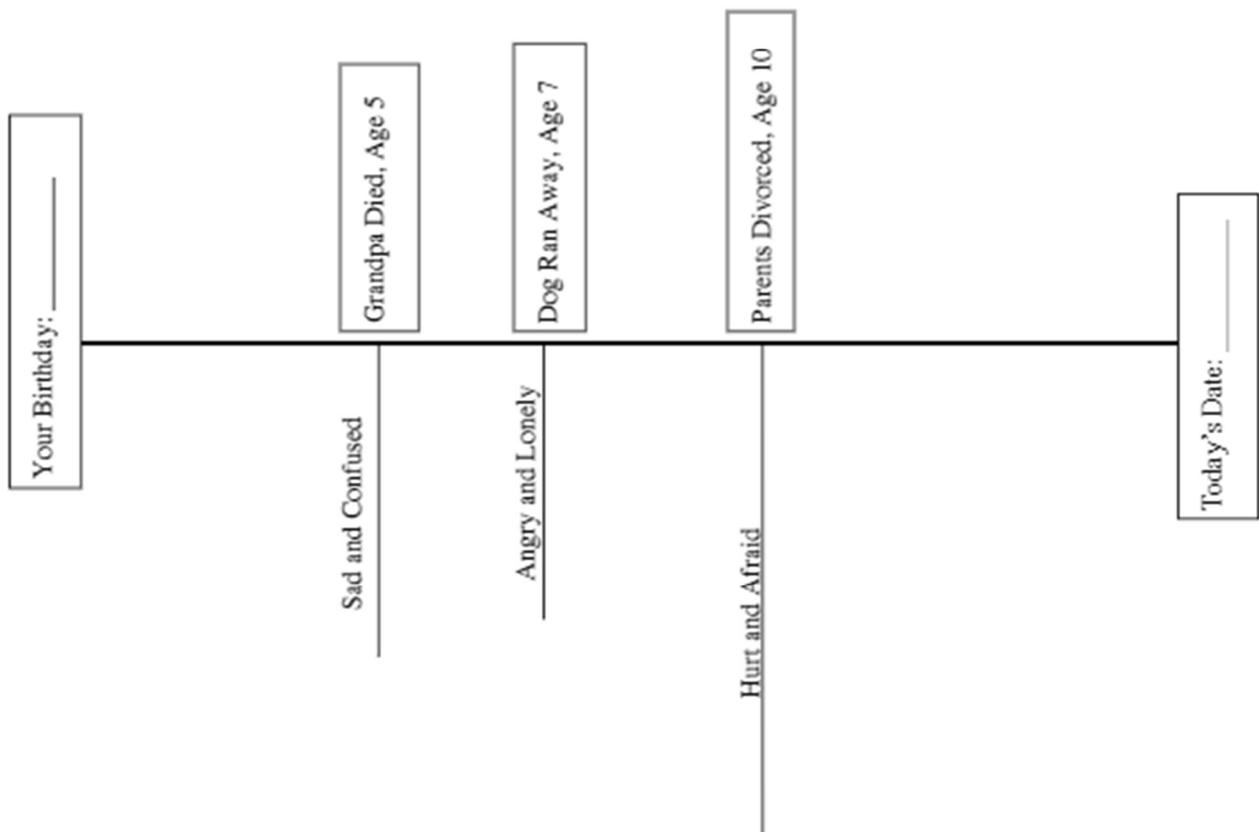


## Loss History Graph and Discussion

1. Graph out at least 10 of your personal losses. (These do not have to be deaths but anything that can through you into the grief process.) You do not have to know the exact dates, approximations are ok. See example below but draw graph on back of packet.
2. Above the lifeline write what happened at its approximate place in your life. Do not use losses you don't remember.
3. The lines you draw below your life line represent the depth of feeling you had at the time of the loss. Label the feelings you had with at least 2 descriptive words
4. Answer the questions on the next page after sharing in detail your memory of a big loss one loss with a partner (Question 1). (Hopefully talking about your loss will help you get over the pain of it.)
5. On the third page describe the positive and negative encounters with others when you experienced the losses. (What did they say that helped and hurt?)
6. Then share the positive and negative results of the losses on your life.





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**Loss History Graph**

1. Choose 2 of the losses on the Loss History Graph that other people were aware of at the time, and that you remember well.
2. Discuss the positive and negative things that people said of did when you experienced the losses.
3. Discuss the positive and negative results of the losses on your life.

<b><u>1. Identify the loss</u></b>	<b><u>POSITIVE .....</u></b>	<b><u>NEGATIVE.....</u></b>
Things said and done by others		
Results on your life		
<b><u>2. Identify the loss</u></b>	<b>POSITIVE</b>	<b>NEGATIVE</b>
Things said and done by others		
Results on your life		

# Loss History Graph

