

**Minimize No More!**  
***How To See the Significant Losses in Your Life  
Lose Their Power Over You***

It's important to count your losses before you count your blessings

If you view a blessing as “making up” for some loss,  
or if the memory of that loss still stings,  
then that emotional wound still holds power over you.

The first essential step in the healing process is to clearly identify what you've lost.

Not something you've lost that you'll get back again, someday . . .  
or a loss for which you'll eventually be compensated . . .  
or a loss for which you will receive an apology.

On these pages you're going to list the things you used to have, and *will never have again* because of someone's indifference, negligence, or malice—or perhaps even your own.

*For some people, doing this is no big deal.  
For others, it may feel like a spiritual root canal.*

It's a hard thing to do—that's many people resist doing this. They don't want to think about their losses because the memories are just too painful.

Even if you were compensated for some sort of loss down the line, there was still a period of time when you were without that particular thing. The event was still a loss. Put it down anyway.

So what may happen after you start listing these things? Of course, people will react in different ways. At first, some may feel angry over the reminder of the injustice that these losses represent. Or perhaps some may begin to feel a profound sadness when they begin to grieve what they used to have, but possess no longer. Some may experience a deep sense of embarrassment or fear.

As they work through the process, many eventually come to a point of acceptance—where their emotional response to the memory of the loss has become benign. They will be able to say to themselves, “*Yes, I did lose this thing. It was bad then, but it's okay now. It was a tough loss, but I've accepted it. I'm ready to move on.*” Even if the memory resurfaces, they are genuinely able to say to themselves, “*Oh, that's right ... than sucked*”—and then shrug their shoulders. The loss no longer holds them captive.

This is usually the point where feelings of forgiveness start to appear. For some, the new-found ability to forgive may even seem effortless.

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## Directions

1. In the “Area of Life” column, describe what part of your life was impacted by the loss (*Finances, Relationship, Vocation, Marriage, Kids, Dreams*)
2. In the “My Loss” column, describe exactly what was lost because of the incident. Be as specific as possible.
3. In the “Who Created the Loss?” column, identify the person whose words or actions created this loss for you. Was it you or someone else? Was that person’s actions irresponsible or justified?
3. In the “Value” column, pick a number between one and ten that indicates how valuable to you was the thing that was lost (ten being “very valuable”)
4. In the “Emotion” column, *Identify the emotion that the memory of the loss provokes: (anger, sadness, fear, embarrassment)*. Then pick a number between one and ten that describes the intensity of how you’re reacting to the loss right now (with ten being the most intense.).
5. Once you have listed the details of these losses (Columns 1-4), begin the DABDA process (Column 5) with the losses for which you’ve assigned the least value.

Column 5: Go through the DABDA grieving process for each loss.

D=Denial: How have you been tempted to minimize what happened?

A=Anger: (or the emotional response you labeled in column 4; sad, afraid, embarrassed or guilt: if you were the one who caused the loss).

B=Bargaining: How are you hoping the loss will be mitigated or restored? An apology? Justice? Revenge? Restoration of what was lost?

D=Depression: Once you realize that your bargaining is going to accomplish nothing, it's common to slip into a deep sense of melancholy.

A=Acceptance: Watch to see if your emotional response to the memory of the loss diminishes over time. For example, what once might have been intense rage is now shrugged shoulders. If this is happening, then you are moving in the direction of healing. If this is not happening, it's probably a positive signal to you to seek out professional help. Finally, pick a number between one and ten in this last column that reflects how you could feel sometime in the future about this particular loss (after going through the DABDA process below).

Here's an example . . .

<b>Area of Life</b>	<b>My Loss</b>	<b>Who Created The Loss?</b>	<b>Value to You</b>	<b>Emotion</b>	<b>Healing</b>
In what area of life did this loss occur?  <i>Finances</i> <i>Relationship</i> <i>Vocation</i> <i>Marriage</i> <i>Kids</i> <i>Dreams</i>	(What exactly did you lose?)	<i>Was it you or someone else?</i>  <i>Was that person's actions irresponsible or justifiable?</i>	How valuable, to you, was the thing you lost? (On a scale of one to ten)	How intense is your current emotional reaction (anger, sadness, fear, or embarrassment) to the memory of this loss? (On a scale of one to ten)?	What would healing look like for you <i>some-where down the road?</i>
<i>Example</i>					
Vocation	My job; laid off	My former boss; irresponsible	Value: 9 out of 10	Fear: 9 out of 10	Sadness: 2 out of 10

