

# How to get any loss to lose its power over you

## A. Identify the Loss:

## B. Determine the value of the loss to you:

(on a scale of one-to-ten)

C. What is your emotional response to the memory of the loss?  
(anger, sadness, fear, shame, embarrassment, or guilt)

D. Determine the intensity of the emotion in Step C:  
(on a scale of one-to-ten)

E. What happened?  
Who caused the loss?

### Next, go through the five steps of the mourning process for this loss:

(Denial, Anger, Bargaining, Melancholy, Acceptance)

## 2. Anger

What makes you angry (or sad, afraid, or ashamed) about the loss you experienced?

## 1. Denial

In what ways have you minimized the loss in your mind?

## 3. Bargaining

In what ways have you tried to make up for what you've lost (waiting for an apology, a new replacement relationship, pursuing justice, etc.)?

## 5. Acceptance

Or, healthy resignation. At this point, your emotional response to the memory of what you lost is benign. It's still there, but not as intense as it used to be. What would this type of healing look like for you?

## 4. Melancholy

When you realize that all your bargaining won't make up for what you lost, it's common to experience a deep sadness; what would this look like for you?

*[Once you get to this stage, forgiveness is almost effortless]*

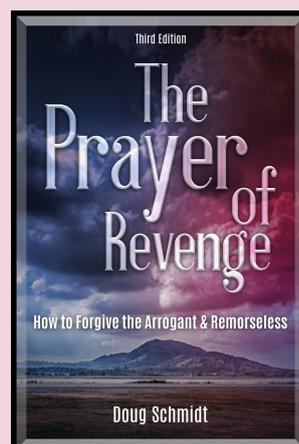
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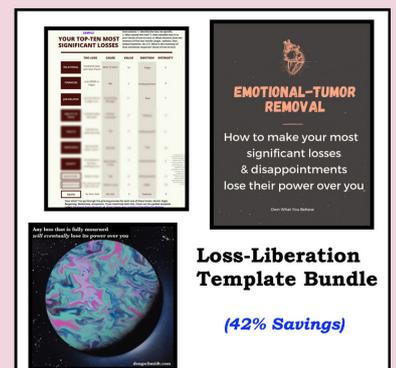
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# SAMPLE

How to get any loss to lose its power over you

## A. Identify the Loss:

My dog was hit by a car; he survived, but I had to put him down

B. Determine the value of the loss to you: 9

(on a scale of one-to-ten)

C. What is your emotional response to the memory of the loss?

(anger, sadness, fear, shame embarrassment, or guilt) **Anger/Rage**

D. Determine the intensity of the emotion in Step C:

(on a scale of one-to-ten) **8**

E. What happened? Who caused the loss?

My dog ran after a squirrel in the street, and a young driver, who was texting at the time, did not slam on her brakes in time.

My dog had multiple broken bones and slow, internal bleeding, so the vet had to put him down.

Next, go through the five steps of the mourning process for this loss:

(Denial, Anger, Bargaining, Melancholy, Acceptance)

## 1. Denial

In what ways have you minimized the loss in your mind?

It's just a dog; I'll get another one. He shouldn't have run away from me like that, so it's his fault.

## 2. Anger

What makes you angry (or sad, afraid, or ashamed) about the loss you experienced?

No! It's not the dog's fault! It's the fault of a cocky driver who thinks she can text and control a car at the same time. She even blamed me for not holding tight enough on to the dog's leash. So she wants to put this on me? What?! I loved that dog.

## 3. Bargaining

In what ways have you tried to make up for what you've lost (waiting for an apology, a new replacement relationship, pursuing justice, etc.)?

I'll be sure that young driver gets a ticket for texting and driving; maybe that will prevent her from hitting a child the next time.

## 5. Acceptance

Or, healthy resignation. At this point, your emotional response to the memory of what you lost is benign. It's still there, but not as intense as it used to be. What would this type of healing look like for you?

When I remember what happened, I still feel a little angry, but it's no longer rage. I think I will get a new dog.

[Once you get to this stage, forgiveness is almost effortless]

## 4. Melancholy

When you realize that all your bargaining won't make up for what you lost, it's common to experience a deep sadness; what would this look like for you?

They couldn't prove the driver was texting, so no ticket. My dog is gone and is irreplaceable. She was so well-trained; except for staying put.

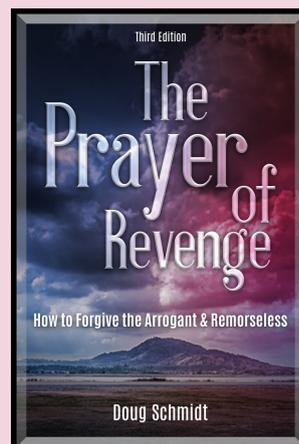
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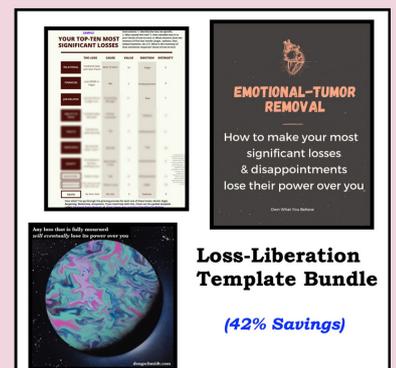
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