

Our goal of the list below is to help people have a new level of awareness of how loss may have impacted their life. We first must recognize that we have experienced loss before we can begin the healing process from any pain caused by the loss.

Over time, cumulative losses create cumulative negative effects on us emotionally, physically and mentally and can impact our quality of life, our ability to have healthy relationships and our ability to experience joy to its fullest. These are just some of life's losses.

1	Death of a spouse	
2	Death of a child	
3	Divorce	
4	Death of a close family member	
5	Marital Separation	
6	Personal injury or long-term illness	
7	Job loss or layoff	
8	Financial loss	
9	Death of a close friend	
10	Major move or relocation	
11	Child leaving home	
12	Trouble with in-laws	
13	Death of a pet	
14	Change of schools	
15	Estranged relationship	
16	Physical abuse	
17	Verbal abuse	
18	Sexual abuse	
19	Miscarriage	
20	Stillborn	
21	Abortion	
22	Change in health of family member	
23	Adopted	
24	Retirement	
25	Loss of trust	
26	Loss of safety	