

Master Loss Checklist

Many professionals and experts in mental health agree that unresolved loss and grief create the biggest barriers to experiencing joy and peace in our lives now.

After studying the subject of codependency for over 30 years, I've concluded grief comprises and contributes many dysfunctional behaviors we attribute to codependency.

While this list is long, it can trigger awareness of all the different curve balls and losses we can experience. It becomes easy to write off experiences saying, That's just how Life is. It may be (just how Life is) but still these losses create feelings that we can carry inside for a lifetime, unaware of how much

they affect what we do and how we feel today. I'm not suggesting we wear black, mourn indefinitely, or sit Shiva for the next five years. I do hope, however, that you acknowledge any feelings you have, then release them into that mystical dumping grounds in the ethers where felt and released emotions go.

Set yourself free from the traps of the past that ruin or dim the peace and good feelings — and functional behaviors — available to you now.

Commit to yourself. Just as many of us Spring house clean, take this opportunity to white-glove clean your emotional turf. Clear out old feelings and losses. Prepare your house for all the blessings Life has in store for you.

The following checklist comes from the book *The Grief Club*, altered and slightly condensed. While Hazelden doesn't allow downloading these free chapters, it's okay to print this checklist of losses. It will make it easier to work with.

Melody Beattie

www.MelodyBeattie.com

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MASTER LOSS CHECKLIST

from

The Grief Club: The Secret To Getting Through All Kinds Of Change

by Melody Beattie

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Following is a list of possible losses, changes, and passages. Scan it. Put a check mark by any losses or changes that apply to your life. Mark losses that happened in the past and changes or losses occurring now. If you've experienced a loss but feel at peace with it, put a "P" by that loss.*

Some losses, such as a serious physical impairment or the death of a child, will stay with us all our lives. Put an "O" by any loss you feel is ongoing. Only you can decide if a particular loss will affect you and for how long. (You may be marking your losses with more than one letter. Use as many letters as you need to accurately describe your grief)

Put an "H" by any loss that now hurt. If you want, use the same rating scale that doctors use to assess physical pain. On a scale from 1 to 10, with 1 being the least and 10 being the most severe, mark how much that loss hurts on your best days and how much it hurts on your worst. Do you have any days that are pain-free? How many each month?

If you see losses on the list that you haven't dealt with, mark those with an "F" for frozen.

If a loss has caused you trauma, mark it with a "T." Only you can decide how traumatic a loss is.

We can lose tangible things like a person or house, and intangible things like self-esteem, innocence, and feeling safe in the world. There are unclear or fuzzy losses, psychotherapist Pauline Boss writes in her book *Ambiguous Loss*. Those losses can confuse us. Mom comes home every night, but she isn't really there because she's drunk. Or we're immigrants to a new country, receiving all the gains the move to that country brings but we've lost the traditions, values, culture, and family contacts that we had in our homeland. Because we've gained something, we may not see what we've lost, or we may think we're complaining unnecessarily for having feelings about what's gone. We need to give ourselves permission to grieve and to feel our loss – whether we intellectually think it qualifies as a loss or not.

Losses often come with welcomed change such as the loss of freedom or loss of a good night's sleep that happen when we have children. "I haven't been able to watch a football game from start to finish for five years," one father said. "I love my children. But I miss watching sports on Sunday afternoons." We may go through grief when there are changes at work, even if the reorganization is good. Most people agree that all change brings loss. That's how Life works. There are losses involved with expected life passages such as moving from childhood into adulthood, marriage, old age, and ultimately, death.

A woman who is more in love with her husband than anyone I've met pulled me aside a few months after her wedding. She married later in life, in her mid-thirties at the time. "If I get up to go to the bathroom, he asks where I'm going. He expects me to go to bed at the same time he does. I've been a single woman for a long

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time. I love him, but I feel like I've lost my freedom. I can't even sit, space out, and watch my favorite shows on television when I come home after a hard day's work and not talk for a while. He's waiting for me to tell him about my day. Nobody told me it was going to be like this. I love him," she said, "but losing my freedom is driving me crazy. Somebody ought to write a book." She's hoping to find a way to balance her need to take care of herself with her need to respond lovingly to her husband. There are normal expectations for people in a live-in relationship such as calling if we're going to be late or sharing the remote control, things that aren't expected when we live alone. Sometimes awareness is all we need to ease our passage through the change. There are advantages—blessings and gifts—and limitations with each stage of life.

A loss may be personal, affecting only one person—us. Sometimes our losses also affect other people. A child's death affects his or her family, friends and neighbors — each in his or her own way. A child's death hits close to home — too close for many of us. It triggers our vulnerability. Some losses affect an entire community. Sometimes a country or the globe grieves after a natural disaster or a war. En masse, we grieved over the death of Mother Theresa, Princess Diana, and President John F. Kennedy. We each had our feelings, but we grieved together. The losses were personal, but cultural too. Sometimes the passing of one person symbolizes the passing of an era (as when Johnny Carson retired and then died or Phil Donahue's talk show ended). Another category of losses accompany the natural evolution and the changes that take place in cultures, countries, and the world as times, ways, music, fashion, entertainers, and art change.

Each person grieves in his or her way, pace, and time. We'll each find our path to peace – if we want to. Losses that might be minor to an adult can impact a teenager or child differently and often more (or less) intensely. Losses that cause minor distress to one person can be major for someone else. We are the only ones who know how we feel.

Some losses cause more pain than others. But even if we've gone through the worst loss, other losses still hurt, and it doesn't help to play the my pain is worse than yours game. Experiencing a catastrophic loss may make other losses feel insignificant and overwhelming at the same time. I've already been through so much. It's too much to lose anything else, we think. But this is nothing compared to what I've been through.

Current losses usually activate pain from other losses. A friend took me on a tour of the building where she works. She heads an organization that helps people with HIV/AIDS. On the wall are pictures of people who died. Attending funerals is part of her job, she explained. "I don't get used to the death," she said. "Pain doesn't become routine. There's a room in my heart that holds the grief from all the people I've lost. When someone else dies, I feel the pain from all the other losses as well as the pain I'm feeling from the loss now. I find myself right back in that room."

How full is that room in your heart? Do you have the courage and willingness to find out? Make a list of your losses now.

Frozen, denied, or repressed emotions from unresolved grief cause the biggest blocks to feeling happy and peaceful now, experts such as John Bradshaw say. Many losses we overlook, thinking, "That can't possibly be a real loss." Yes, it probably is – or was. Some losses we aren't aware of, because we never had it to begin with, such as a Mother or Father's love. So we don't know we lost it, because it was never there. If you want to do some work on yourself that will give you one of the biggest payoffs from any work you've ever done, go through the following list, mark each loss, and begin letting the old emotions go.

MASTER LOSS CHECKLIST

Loss Codes

Mark Each Loss With As Many Letters As You Need to Describe It

P = Peaceful about loss now – at peace with life and changes.

H = Hurting from loss now. Rate pain from 1 – 10 with 1 least, 10 worst pain possible.

O = Ongoing loss; may hurt from it for a while or throughout life.

T = Traumatic loss, serious shock involved.

F = Frozen loss, haven't dealt with loss or change yet. Still denying or carrying it around.

___ Death of a child, spouse, or close family member

___ Child, spouse, or loved one is in the process of dying

___ Miscarriage

___ Stillbirth

___ Death of other loved ones (death significantly affects us)

___ Death of someone (loss somewhat affects us)

___ In the process of our own death (imminent, pending, know approximate death date)

___ In the process of our own death and leaving minor children behind

___ Abortion (we're the mother)

___ Abortion (our child—we're the father)

___ Unwanted child (we're the unwanted child)

___ Unwanted pregnancy (us)

___ Unwanted pregnancy (our child)

___ Unwanted pregnancy (someone we love)

___ Suicide (someone we love)

___ Murder (someone we love)

___ Suicide attempt, failed (us)

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- Suicide attempt, failed (someone we love)
- Abduction/kidnapping (us)
- Abduction/ kidnapping (someone we love)
- Missing child
- Missing adult
- Death of a pet
- Loss of a pet
- Placed a child for adoption
- Were placed for adoption
- Adopting a child who has unexpected mental or physical issues
- Inability to get and sustain adequate insurance
- Chronic illness (us)
- Chronic illness (someone we love)
- Living with the possibility of onset or recurrence of serious illness (Huntington's disease, cancer, etc.), for us)
- Living with the possibility of onset or recurrence of serious illness (someone we love)
- Waiting for test results for serious illness (us)
- Waiting for test results for serious illness (someone we love)
- Unable to get proper medical diagnosis (us)
- Unable to get proper medical diagnosis (someone we love)
- Intractable pain (us)
- Intractable pain (someone we love)
- Unable to get proper treatment for intractable pain (us)
- Unable to get proper treatment for intractable pain (someone we love)
- Living with a potentially fatal or serious illness (us)
- Living with a potentially fatal or serious illness (someone we love)
- Permanent or long-term illness that impacts quality of life or ability to function (us)

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- Permanent or long-term illness that impacts quality of life or ability to function (someone we love)
- Ill spouse/ partner who requires temporary caretaking
- Ill spouse/ partner who requires long-term caretaking
- Ill family member who requires temporary caretaking
- Ill family member who requires long-term caretaking
- Illness as a child that affected our school or social participation
- Ill child with special needs (our child)
- Debilitating illness in ourselves that requires temporary caretaking
- Debilitating illness in ourselves that requires permanent or long-term caretaking
- Visually impaired (us)
- Visually impaired (someone we love or a child)
- Hearing impaired (us)
- Hearing impaired (someone we love or a child)
- Physically impaired temporarily (someone we love or a child)
- Physically impaired permanently (someone we love or a child)
- Surgery (someone we love or a child)
- Improper medical treatment that made injury or illness worse (us)
- Improper medical treatment that made injury or illness worse (someone we love)
- Accident (us)
- Accident (someone we love)
- Accident with long-term or permanent injury (us)
- Accident with long-term or permanent injury (someone we love)
- Loss of one or both breasts
- Loss of ability to bear children or to impregnate
- Loss of a limb or body part
- Loss of use of a limb temporarily

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- ___ Loss of use of a limb permanently
- ___ Had an organ transplanted in us
- ___ STD (have one)
- ___ STD (spread one to someone else)
- ___ Illness that carries perceived stigma (us)
- ___ Illness that carries perceived stigma (someone we love)
- ___ Illness that is contagious permanently (us)
- ___ Illness that is contagious permanently (someone we love)
- ___ Illness that is temporarily seriously contagious (us)
- ___ Illness that is temporarily seriously contagious (someone we love)
- ___ War (our country involved with war or we feel the impact of this war)
- ___ Actively participating in war (us)
- ___ Actively participating in war (someone we care about)
- ___ War taking place in our country
- ___ Natural disaster without personal losses (affects our community or those we care about; somehow we feel the impact although we didn't lose anything)
- ___ Natural disaster with personal losses
- ___ Terrorism that affects or threatens us
- ___ Terrorism that directly affects or threatens someone we love
- ___ Death of beloved leader or president
- ___ Death of a hero, favorite figure, or entertainer
- ___ Loss of irreplaceable possessions (photos, sentimental gifts)
- ___ As a child, had adult household/ family duties and responsibilities
- ___ Adult with more than our share of household/ family duties and responsibilities
- ___ Single parent (by choice)
- ___ Single parent (forced on us)
- ___ Married or with partner, but partner doesn't hold up his or her share of responsibilities for child raising

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- ___ Married or with partner, but partner doesn't hold up his or her share of family/ household responsibilities
- ___ Victimized by business or charity scam
- ___ Brainwashed or trapped by group or cult (us)
- ___ Brainwashed or trapped by group or cult (someone we love)
- ___ Abuse—physical, sexual, or emotional (us as child)
- ___ Abuse-physical, sexual, or emotional (us as child by family member)
- ___ Abuse—physical, sexual, or emotional (one or more of our children)
- ___ Abuse—physical, sexual, or emotional (one or more of our children by a family member)
- ___ Abuse—physical, sexual, or emotional (us as adult)
- ___ Abuse—physical, sexual, or emotional (us as adult by family member)
- ___ Abuse—physical, sexual, or emotional (our adult child)
- ___ Abuse perpetrator (us as adult)
- ___ Abuse perpetrator (us as child)
- ___ Rape (our child)
- ___ Rape (our child by family member)
- ___ Rape (us as child)
- ___ Rape (us as child by family member)
- ___ Rape (our adult child)
- ___ Rape (our adult child by family member)
- ___ Rape (us as adult)
- ___ Rape (us as adult by family member or friend)
- ___ Rape or incest perpetrator (us as minor)
- ___ Rape or incest perpetrator (us as adult)
- ___ Assault (on us)
- ___ Assault (on someone we love)
- ___ Being stalked (we're the victim)

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- ___ Being stalked (someone we love is the victim)
- ___ Stalking someone (we're the perpetrator)
- ___ Stalking someone (someone we love is the perpetrator)
- ___ Robbery (we're the victim)
- ___ Burglary (we're the victim)
- ___ Crime committed against us (by stranger)
- ___ Crime committed against us (by someone we trusted or a friend)
- ___ Criminal behavior, parole, probation, imprisonment, execution (by or of us)
- ___ Criminal behavior, parole, probation, imprisonment, execution (by or of our child)
- ___ Criminal behavior, parole, probation, imprisonment, execution (by or of someone we care about or love)
- ___ Innocent but accused or convicted of a crime (us)
- ___ Innocent but accused or convicted of a crime (our child)
- ___ Innocent but accused or convicted of a crime (someone we love or a family member)
- ___ Caused the death of another human being inadvertently accidentally, in war, in self-defense, or as part of a job (for instance, law enforcement)
- ___ Caused the death of another human being intentionally (not in a war or as part of a job)
- ___ Caused serious harm to another human being inadvertently or accidentally, in war, in self-defense, or as part of a job
- ___ Caused serious harm to another person deliberately
- ___ Divorce (our own)
- ___ Divorce (our parents)
- ___ Divorce of a friend or relative (divorce affects our relationship with him or her)
- ___ Became a stepparent
- ___ Became a stepchild
- ___ Loss of a stepparent
- ___ Loss of a stepchild
- ___ Loss of presence of one or both of our parents in our life (as a child)

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- ___ No contact with our family (as an adult)
- ___ No contact with extended family (as a child, for instance, grandparents missing)
- ___ No contact with extended family (as an adult)
- ___ Loss of contact with a child (when child is a minor)
- ___ Loss of contact with a child (when child is an adult)
- ___ Loss of custody of a child
- ___ Loss of foster child or child we've been caring for
- ___ Severely dysfunctional relationship (with family member, friend, or loved one)
- ___ Divorce (our grown child/children)
- ___ Loss of relationship with son or daughter-in-law who we treasured
- ___ Loss of relationship with mother or father-in-law who we treasured
- ___ Divorce of adult child/children which will impact or sever our relationship with grandchildren
- ___ Raising our grandchildren or a child we didn't plan to raise
- ___ Adult child/ children moved back into home after we had become used to them being gone
- ___ Separation (our own)
- ___ Separation (our parents)
- ___ End of romantic relationship
- ___ Broken engagement
- ___ End of friendship
- ___ Change in friendship (one person moves, gets married)
- ___ Someone we love marries or dates someone we don't like
- ___ Marrying or dating someone who someone we love dislikes
- ___ Arguing, hostility with spouse
- ___ Arguing, hostility with romantic relationship
- ___ Arguing, hostility with family member or child
- ___ Arguing, hostility with friend or neighbor

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- ___ Marriage dead but still in it
- ___ Romantic relationship dead or ending but still in it
- ___ Dissension with co—worker
- ___ Major disappointment
- ___ Move within same city
- ___ Move to another city or state
- ___ Move to another country
- ___ Loss of home or living situation
- ___ Inability to find right living situation
- ___ Having an affair (us)
- ___ Having an affair (spouse or committed partner)
- ___ Suspect partner or spouse of having an affair
- ___ Spouse or partner suspects us of having an affair
- ___ Having an emotional, not physical affair with someone (us)
- ___ Having an emotional, not physical affair with someone (spouse or partner)
- ___ Romantic partner or spouse left us for another person
- ___ We left romantic partner or spouse for another person
- ___ Bankruptcy
- ___ Serious financial problems (still able to work, problems fixable)
- ___ Serious financial problems (elderly or otherwise unable to work, problems difficult to resolve)
- ___ Financially unstable (us)
- ___ Financially unstable (a partner, someone we love, someone whose financial instability affects us)
- ___ Loss of retirement funds, savings, or investments (us)
- ___ Loss of retirement funds, savings, or investments (someone we love)
- ___ Compulsively going into debt (us)
- ___ Compulsively going into debt (someone we love or someone who's financial situation affects us)

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- Problems with the IRS or any difficult tax situation
- Audit by the IRS
- Loss of credit
- No credit
- Loss of reputation
- Slander or libel (against us)
- Slander or libel (by us against someone)
- Identity theft
- Credit card theft or loss
- Wallet or purse loss
- Loss of valuable item
- Suing someone
- Someone suing us (legitimate claim)
- Someone suing us (fraudulent claim)
- Someone bringing false charges against us (criminal)
- Prosecuting someone else
- Bringing false charges against someone else
- Prejudice or discrimination (against us)
- Prejudice or discrimination (by us)
- Ashamed of something we did or that happened to us
- Ashamed of something family member or loved one did or that happened to him or her
- Loss of integrity
- Lying to someone
- Being lied to
- Manipulating someone
- Being manipulated

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- ___ Controlling someone
- ___ Being or feeling controlled
- ___ Deprived of ability to freely be who we are
- ___ Deprived of freedom of self-expression
- ___ Deprived of freedom of creative expression
- ___ Deprived of ability to feel and express emotions
- ___ Creatively stuck or blocked
- ___ Deprived of ability to travel (health, marital, financial, or familial restrictions)
- ___ Loss of joy (enraged, disappointed, or bitter)
- ___ Loss of passion
- ___ Loss of energy and vitality
- ___ Loss of enthusiasm
- ___ Loss of hope
- ___ Loss of love (others for us)
- ___ Loss of love (us for others)
- ___ Loss of self-esteem
- ___ Loss of self—confidence
- ___ Loss of fun or pleasurable activities
- ___ Loss of membership or participation in club or group
- ___ Unable to decorate our living situation in pleasing way
- ___ Loss of important recreational activity
- ___ Restricted from important or valued activities (as a child)
- ___ Restricted from important or valued activities (as an adult)
- ___ Restrictions on a loved one's activities that affects us
- ___ Feel like a failure
- ___ Deprived of feeling blessed by God

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- ___ Loss of faith in God
- ___ Significant change in religion, spirituality or religious beliefs
- ___ Loss of faith in ourselves
- ___ Loss of innocence
- ___ Living with guilt (us)
- ___ Living with guilt (someone we love)
- ___ Someone we love has lost innocence, faith, self-esteem, reputation, joy, or self-confidence
- ___ Doing something that violates our ethics or standards
- ___ Someone we love does something that violates our ethics or standards, and it affects us (e.g., friend is having an affair and we know friend's spouse)
- ___ Stress (outer or inner—us)
- ___ Stress (outer or inner—someone we love)
- ___ Meanness, bitterness, or holding grudge (us)
- ___ Meanness, bitterness, or holding grudge (someone we love)
- ___ Someone has a grudge against us
- ___ Someone is telling lies or spreading rumors about us
- ___ Spreading rumors or lying about someone else
- ___ Loss of quality of life due to deep and extended grief (us)
- ___ Loss of quality of life due to deep and extended grief (someone we love)
- ___ Contaminated environment, toxins (home, apartment, ground, neighborhood)
- ___ Hurting someone's feelings intentionally
- ___ Hurting someone's feelings accidentally
- ___ Someone is hurting our feelings intentionally
- ___ Someone is hurting our feelings accidentally
- ___ Feeling denied or deprived of someone or something we really want
- ___ Cannot read (us) ·
- ___ Cannot read (a loved one who should be able to read at his or her age)

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- Cannot write (us)
- Loved one who can't write (and should be able to at his or her age)
- Loss of purpose
- Loss of feeling needed
- Loss of job
- Loss of ability to work (due to age, health, or circumstances, including people in entertainment, in modeling, or with sports career)
- Loss of interest in career or vocation
- Fired from job (our fault)
- Fired from job (not our fault)
- Hour, salary, or benefit reduction at work
- Extensive necessary work travel (us)
- Extensive necessary work travel (someone we love)
- Working more hours than usual or desired (us)
- Working more hours than usual or desired (someone we love)
- Major change at job (policies, duties, role, leadership, business function, etc.)
- Cannot find job, career, or vocation we enjoy or like
- Bored with job, work, or career
- Cannot find work
- Business failed
- Business barely making it on ongoing basis, stressful
- Failed important test (school or work, e.g., bar exam, pilot or nurse licensure)
- Failed to make team (sports)
- Feeling trapped by family business or career expectations
- Trapping someone with business or career expectations
- Business outdated due to cultural evolution or corporate competition (family stores, etc.)
- Lost crops or products due to acts of nature or God

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- ___ Creative work failed or rejected
- ___ Loss of important contract or job (if in business for ourselves)
- ___ Loss of important, hard-to-replace documents, papers, etc.
- ___ Someone we love lost important documents, papers, etc., and it affects us if
- ___ Uninsured loss (minor)
- ___ Uninsured loss (catastrophic)
- ___ Business failed due to competition
- ___ Loss of lease on business premises or forced out of business due to rent increase or fire/ flood/ earthquake damage
- ___ Deprived of wanted promotion
- ___ Lost important award or victory
- ___ Someone we love lost important award or victory
- ___ Failure or blunder at work
- ___ Failure at school
- ___ Failure to graduate from high school
- ___ Loss of favorite teacher, boss, or co—worker
- ___ Loss of valued neighbor or employee at business we frequent
- ___ Inability to get desired education due to finances or rejection from school
- ___ Death of dreams
- ___ Significant change or loss in financial situation
- ___ Significant change or loss in partner's, spouse's, or roommate's financial situation
- ___ Significant change in grown child's financial situation
- ___ Significant change in friend or other family member's financial situation
- ___ Learning disability (us)
- ___ Learning disability (our child)
- ___ Learning disability (someone we love)
- ___ Alcoholism, addiction, eating disorder, gambling addiction, uncontrollable rage (us)

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- ___ Alcoholism, addiction, eating disorder, gambling addiction, uncontrollable rage (close family member or loved one)
- ___ Alcoholism, addiction, eating disorder, gambling addiction, anger management problems (our child)
- ___ Loss of childhood or ability to be a child
- ___ Codependency (us)
- ___ Codependency (someone we love)
- ___ Phobia that restricts (us)
- ___ Phobia that restricts (someone we love, and it affects us)
- ___ Sabotaging or failure behaviors (us)
- ___ Sabotaging or failure behaviors (someone we love)
- ___ Living in a country and can't speak the language
- ___ Living in a country and don't like or fit into the culture
- ___ Mental illness (us)
- ___ Mental illness (our child, young or adult)
- ___ Mental illness (someone we love)
- ___ Living with a person who is sloppy or unclean
- ___ Living with our own messiness
- ___ Living with someone else's uncontrollable clutter or pack-ratting
- ___ Living with our own uncontrollable clutter or pack-ratting
- ___ Living with a miserly or cheap person
- ___ Living with our own stinginess or money fear
- ___ Financially dependent on someone else
- ___ Someone else is financially dependent on us (other than our minor children)
- ___ Depression, anxiety, panic disorder, manic depression, OCD, (obsessive-compulsive disorder), ADD (attention deficit disorder), ADHD (attention-deficit/ hyperactivity disorder) (us)
- ___ Depression, anxiety, panic disorder, manic depression, OCD, ADD, ADHD (our child)
- ___ Depression, anxiety, panic disorder, manic depression, OCD, ADD, ADHD (someone we love)

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- Inability to get medications or medical care due to insurance restrictions, financial limitation, or limited resources (us)
- Inability to get medications or medical care due to insurance restrictions, financial limitation, or limited resources (someone we care about)
- Physical limitations due to aging
- Unwanted changes in appearance due to aging
- Unwanted gain or loss of weight
- Loss of hair
- Loss of continence
- Need long-term medication or medical treatment (us) \
- Need long-term medication or medical treatment (someone we love)
- Need long-term rehabilitation or physical therapy (us)
- Need long-term rehabilitation or physical therapy (someone we love)
- Need to alter routine due to medical problems or restrictions (us)
- Need to alter routine due to medical problems or restrictions (someone we love)
- Living with serious side effects from medication or medical treatment (us)
- Living with serious side effects from medication or medical treatment (someone we love)
- Significant long-term or permanent change in appearance from accident, illness, or injury
- Loss of sexual activity in marriage or committed relationship (our ability or desire)
- Loss of sexual activity in marriage or committed relationship (partner or spouse's ability or desire)
- Loss of ability to be sexual (us)
- Loss of ability to be sexual (our partner or spouse)
- Loss of sexual appeal (us)
- Loss of sexual appeal (someone we love)
- Sexually inadequate or dysfunctional (us)
- Sexually inadequate or dysfunctional (someone we love)
- Deprived of intimacy with friends or family members

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- ___ Deprived of intimacy with spouse or romantic partner
- ___ Deprived of sexual activity (cannot find right partner)
- ___ Loss of trust in a marriage (we lost trust)
- ___ Loss of trust in a marriage (partner or spouse lost trust in us)
- ___ Loss of trust in any close relationship; including child (we lost trust)
- ___ Loss of trust in any close relationship, including child (other person lost trust in us)
- ___ Deprived of personal time with romantic partner or spouse
- ___ Deprived of personal time with child (minor or adult)
- ___ Deprived of personal time with friend, family member, or other loved one
- ___ Deprived of private time
- ___ Deprived of privacy
- ___ Depriving someone else of private time
- ___ Depriving someone else of privacy
- ___ Over isolating (us)
- ___ Over isolating (someone we love)
- ___ Bored (long-term) with spouse or romantic partner (us)
- ___ Spouse or romantic partner obviously bored with or disinterested in us
- ___ Not sharing interests or activities with spouse or partner, and it bothers us
- ___ Not sharing interests or activities with spouse or partner, and it bothers him or her
- ___ Feeling trapped in romantic relationship, marriage, or friendship
- ___ Spouse, partner, or friend feels trapped with us
- ___ Giving more than we're receiving in a marriage and feeling drained by it
- ___ Giving more than we're receiving in a romantic relationship and feeling drained
- ___ Giving more than we're receiving in a friendship and feeling drained
- ___ Giving more than we're receiving at work and feeling drained
- ___ Spouse or partner feels like he or she is giving more than he or she is receiving and feels drained by us

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- ___ Friend feels like he or she is giving more than he or she is receiving and feels drained by us
- ___ Spouse, partner, child, or friend is extremely unhappy with life and his or her unhappiness affects us
- ___ Power balance is off in marriage or romantic partnership—we have more power than the other person
- ___ Power balance is off in marriage or romantic partnership – the other person has more power than us
- ___ Power balance is off in friendship—we have more power than the friend
- ___ Power balance is off in friendship—the friend has more power than us
- ___ Power balance is off with our child—the child is controlling us (minor or adult child)
- ___ Spouse's power balance is off with his or her child (the child is controlling him or her and it bothers us)
- ___ Spouse controlled or used by his or her ex-partner (ex-spouse or romantic)
- ___ Spouse's ex-partner (ex-spouse or romantic) is interfering in our relationship with spouse or partner now
- ___ We earn more than our spouse or partner, and it bothers us
- ___ We earn more than our spouse or partner, and it bothers him or her
- ___ Spouse or partner earns more than us, and it bothers us
- ___ Spouse or partner earns more than us, and it bothers him or her
- ___ Friends envious of us
- ___ We're envious of friends
- ___ Spouse or romantic partner envious of us
- ___ We're envious of spouse or romantic partner
- ___ Child envious of us
- ___ We're envious of our child
- ___ Someone is behaving jealously with us
- ___ We're behaving jealously with someone else
- ___ We owe someone money and we're delaying paying it back (business)
- ___ We owe someone money and we're delaying in paying it back (friend)
- ___ Friend owes us money and isn't paying us back on time
- ___ Business or institution owes us money and isn't timely in paying us or is cheating us

MASTER LOSS CHECKLIST

- ___ Being overcharged with no recourse (including interest rates)
- ___ Overcharging someone and not giving him or her recourse
- ___ Betrayal by someone we love
- ___ Betraying someone we love
- ___ Publicly embarrassed, humiliated, or shamed us
- ___ Publicly embarrassed, humiliated, or shamed (someone we love)
- ___ Desire romantic relationship but cannot find acceptable partner
- ___ Loss of ability to take part in hobby or sport we enjoyed
- ___ Loss of credit for work we actually did; someone else took credit for it
- ___ We took credit for work but didn't do it
- ___ Feeling trapped or overextended with volunteer activities (us)
- ___ Feeling trapped or overextended with volunteer activities (someone we love)
- ___ Deprived of contact with nature
- ___ Deprived of sunshine
- ___ Deprived of favorite foods or other substances (sugar, fried foods, tobacco, chewing snuff, etc.) due to diet, health, or lifestyle restrictions
- ___ Sexual orientation not what we expected (us)
- ___ Sexual orientation not what we expected (someone we love)
- ___ Gender-identity issues (us)
- ___ Gender-identity issues (someone we love)
- ___ Sex change (us)
- ___ Sex change (someone we love)
- ___ Move into nursing home or special care facility (us)
- ___ Move into nursing home or special care facility (someone we love)
- ___ Deprived of social life
- ___ Loss of political freedom or political expression
- ___ Deprived of freedom of religious expression

MASTER LOSS CHECKLIST

- Loss of transportation
 - Loss of ability to drive (age, physical, or legal restriction)
 - Loss of ability to fly airplane, operate motorcycle, etc.
 - Inadequate provisions for elderly years (us)
 - Inadequate provisions for elderly years (someone we love)
 - Confined to bed or housebound
 - Need wheelchair or walker for mobility
 - Need prosthesis for functioning
 - Loss of teeth (permanent teeth)
 - Loss of memory, mental acuity, and sharpness
 - Loss of freedom for any reason
 - Living alone (when used to living with people)
 - Living with people (when used to living alone)
 - Unwanted or extra house guests (spouse's family, etc.)
 - Undesired family responsibilities (taking care of spouse's family, etc.)
 - Loss of important person, such as hairdresser, doctor, minister, business associate, or employee
 - Loss of favorite or important place, such as park, restaurant, theater, church, or business due to closure, moving, or circumstance
 - Alternative lifestyle
 - Expatriate
 - Other:
- Passages:
- Transition from infancy and childhood to attending school
 - Change in schools
 - Graduation from school and entering workforce
 - Transition from childhood to adulthood
 - Marriage

Melody Beattie

MASTER LOSS CHECKLIST

- ___ Having children
- ___ Maturing (age twenty-eight through thirty-two)
- ___ Facing mortality
- ___ Role reversal—we're taking care of our parents
- ___ Changes in technology industry, and jobs/workforce
- ___ Fashion trend changes
- ___ Menopause
- ___ Empty nest
- ___ Middle age
- ___ Old age
- ___ Retirement
- ___ Death
- ___ Cultural changes and cultural evolutions that cause us to feel displaced
- ___ Awakening or change in consciousness