

# 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.



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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

# MASTER LOSS CHECKLIST

- \_\_\_ 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)

# MASTER LOSS CHECKLIST

- 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

# MASTER LOSS CHECKLIST

- \_\_\_ 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

# MASTER LOSS CHECKLIST

- \_\_\_ 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

# MASTER LOSS CHECKLIST

- \_\_\_ 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