

## Identify Your Losses

One reason grief disrupts so many aspects of your life is because your loss is not one isolated loss. You will miss so many qualities and facets of the person you lost that each will become an opportunity to experience grief. These are called secondary losses. The range of things you need to grieve for may surprise you. Identify your losses and be prepared to grieve for each one. Use the list below as a starting point.

- your companion
- your lover
- your encourager
- your "entertainer"
- your source of delight
- the one who shares your private jokes
- your breadwinner
- the one who knows you so well
- your housekeeper
- the shoulder on which you cry
- your cook
- the arms that embrace and comfort you
- your mechanic
- the one who always cheers you
- your friend
- your pride and joy

Your list will go on and on. Say your losses out loud to God; speak until you run out of words to say. He knows your deepest needs, and He alone can provide. Do not skip this step.

"And my God will meet all your needs according to his glorious riches in Christ Jesus"  
(Philippians 4:19).

*O God, I have lost so much. Who will fill these gaping holes within me? You, Lord—yes, You. Amen*

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