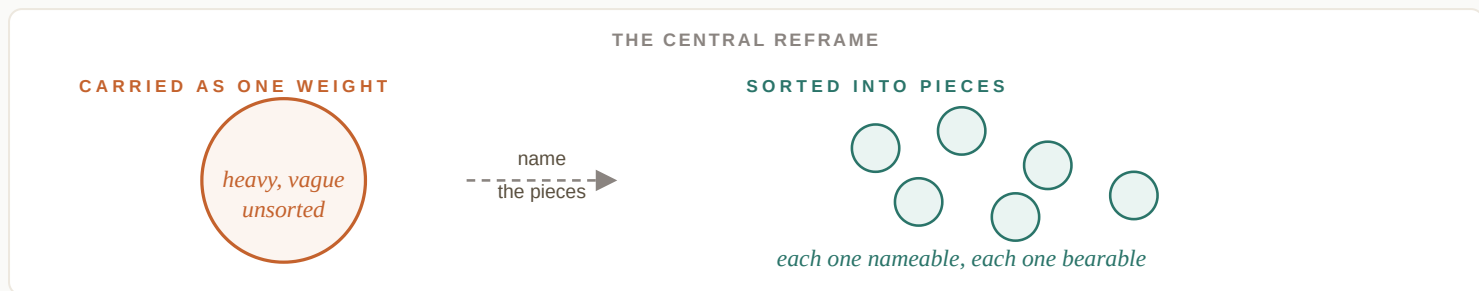


Loss inventory

Naming what has changed, in pieces, tends to make the carrying lighter than carrying it as one undifferentiated weight.

The grief of chronic illness is not a single loss with a single shape. It is several losses, layered, that often get carried as one heavy whole. **Sorting the layers, on the page, is part of the work.**

i This is a private reflection tool, not a therapy task. No one needs to read what you write. There is no right amount to write in any box. If a category brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us.



NAMING THE PIECES

What sorting the losses does

- Each loss becomes **distinguishable** from the others
- The weight you carry today becomes **specific**, not vague
- Grief that recurs is recognisable as *that* grief, not "everything"
- Some categories stay quiet, and that is information too

CARRYING IT UNSORTED

What undifferentiated grief tends to do

- Everything feels equally heavy, all at once
- Recurring grief feels like "I am not coping"
- The energy goes into managing the whole, not naming the parts
- What might lift, given attention, gets carried indefinitely

SIX CATEGORIES PAGE 2 INVITES YOU INTO

You will not write in all of them. Some categories will land easily; others will stay quiet. **Both are useful information.** The ones that go quiet are not the priority right now. The ones that surface most are usually where the weight is sitting.

<p>1 THE BODY Physical capabilities that have changed What your body could do before, that it cannot now, or does differently.</p>	<p>2 THE DAY Daily routines that have shifted The small rhythms of an ordinary day that are no longer available, or that take more to do.</p>
<p>3 THE FUTURE Plans that have had to change Things you were heading toward, that are now smaller, slower, or different.</p>	<p>4 THE RELATIONSHIPS Connections that have shifted People who have stayed differently, drifted, or become closer than expected.</p>
<p>5 WHO YOU ARE Aspects of identity that have changed The roles, the descriptors, the ways of being that no longer quite fit.</p>	<p>6 WHAT REMAINS What has stayed, or what has grown Not consolation. Not silver lining. The honest account of what is still here, and what the illness has not taken.</p>

WHAT ONE ENTRY MIGHT LOOK LIKE

THE DAY · Daily routines that have shifted

I cannot do a full day without lying down now. Mornings hold up better, so I keep what matters for then.

REMEMBER

There is no right amount to write. Some categories will surface a sentence. Others will surface a page. **Both are honest.** The aim is not a complete inventory. It is a clearer sense of what you are actually carrying.

Sort what surfaces. Leave the rest for another day.

Boss, P., & Couden, B. A. (2002). Ambiguous loss from chronic illness: Clinical interventions with individuals, couples, and families. *Journal of Clinical Psychology*, 58(11), 1351–1360. · Olshansky, S. (1962). Chronic sorrow: A response to having a mentally defective child. *Social Casework*, 43(4), 190–193.

Loss inventory

Sorting the losses, in pieces, makes the carrying lighter than carrying it as one undifferentiated weight. **Write as much or as little as feels honest in each category.** Some will surface a sentence; others will surface a page. Some will stay quiet, and that is information too.

Fill in any category that feels useful. **Leave the rest blank.** No category is required, the order does not matter, and a few honest sentences are plenty. You can come back to this on another day.

1 THE BODY

Physical capabilities I have lost, or that have changed

What your body could do before, that it cannot now, or does differently, or does at a cost.

2 THE DAY

Daily routines that have shifted

The small rhythms of an ordinary day that are no longer available, or that now take more to do than they used to.

3 THE FUTURE

Plans I have had to change

Things you were heading toward, that are now smaller, slower, different, or no longer in view.

4 THE RELATIONSHIPS

Connections that have shifted

People who have stayed differently, drifted away, or become closer than expected. Both kinds count.

5 WHO YOU ARE

Aspects of identity that have changed

Roles, descriptors, ways of being in the world that no longer quite fit, or that fit differently now.

6 WHAT REMAINS

What has stayed, or what has grown

Not consolation. Not silver lining. The honest account of what is still here, and what the illness has not taken.

A NOTE BEFORE YOU PUT THIS DOWN

If a category brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us. The aim is not a complete inventory. **It is a clearer sense of what you are actually carrying.**

Meet & Greet · a short call to see if we are the right fit · free · 15 minutes · online or in-person · no obligation