



## Have you been impacted by loss?

Our time-proven method is based in part on helping grieverers create a new level of awareness. Part of that process is helping you to better understand all of the different life experiences that produce grief.

1. Did you move more than twice before the age of 10? Yes\_\_ No\_\_
2. Did you ever have a pet die? Yes\_\_ No\_\_
3. Did you have early childhood religious training? Yes\_\_ No\_\_
4. Have you experienced a major change in financial conditions?  
(Positive or Negative) Yes\_\_ No\_\_
5. Have you ever quit a job? Have you ever been fired? Yes\_\_ No\_\_
6. Have you ever been married or divorced? Yes\_\_ No\_\_
7. Did you graduate from high school? ...from college? Yes\_\_ No\_\_
8. Have you experienced the death of a close family member? Yes\_\_ No\_\_
9. Have you experienced the death of a distant family member? Yes\_\_ No\_\_
10. Were you physically abused during childhood? ...as an adult? Yes\_\_ No\_\_
11. Were you sexually abused during childhood? ...as an adult? Yes\_\_ No\_\_
12. Have you ever been involved with a miscarriage,  
stillbirth, or abortion? Yes\_\_ No\_\_
13. Do you have a strained or painful relationship with a living  
parent(s), spouse, or friend? Yes\_\_ No\_\_
14. Do you harbor any resentments or ill-feelings toward a  
deceased parent(s), spouse, friend, or relative? Yes\_\_ No\_\_
15. Have you ever experienced the loss of the use or function  
of any part of your body? Yes\_\_ No\_\_
16. Have you ever experienced the death of a spouse? Yes\_\_ No\_\_
17. Are there long stretches of your childhood  
that you cannot remember? Yes\_\_ No\_\_
18. Have you experienced a series of illnesses or accidents? Yes\_\_ No\_\_
19. Have you been involved in long series of  
unsuccessful relationships? Yes\_\_ No\_\_

These questions are only a partial list of the possible LOSSES we can experience. If you answered YES to ANY of the above questions, there is a strong probability that you were also indoctrinated with a whole host of MISINFORMATION about dealing with the pain caused by loss.

**You may have been led to believe that:**

- You have to bury sad feelings.
- Time heals all wounds.
- You should be strong for others.
- You have to keep busy.
- It was just God's will.

GRIEF is the NORMAL and NATURAL reaction to loss. We grieve for everything. Yet, the clichés listed above and the hundreds of others not listed may have caused you to COVER up your normal and natural responses to LOSS. Unresolved loss is cumulative and cumulatively negative.

You may have been influenced to believe that there was something wrong with you, that you were defective. The simple truth is that you may not have much helpful information with which to GRIEVE and COMPLETE the losses that have occurred in your life. Consequently, you may have spent, and continue to spend, an inordinate amount of time and energy covering up the painful feelings associated with loss.

**THIS DOESN'T HAVE TO BE!**

The Grief Recovery Method®: programs offer a different and effective solution for you...

**Jennifer Waugh, Advanced Certified Grief Recovery Specialist®**  
**[www.jenniferwaugh.com](http://www.jenniferwaugh.com)**

**Copyrights © / Trademarks (TM).** ©1993-Present, Grief Recovery Institute®, John W. James, and Russell P. Friedman. All Grief Recovery Institute® related copyrights/trademarks are owned by The Grief Recovery Institute, John W. James, and Russell P. Friedman including but not limited to: The Grief Recovery Institute®, The Grief Recovery Method®, Certified Grief Recovery Specialist®, GriefRecovery®, and AARAM Formula®. All rights reserved.