

# THE CONCEPT OF LOSS

*God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen. 1 PETER 4:10-11 (NLT)*

## PRINCIPLES

1. All loss is associated with **GRIEF**.
2. Loss adjustment is similar to a grieving process.
3. Every loss creates its own set of **NEEDS**.
4. Recovery is complete when all loss-specific needs have been met again.
5. Physical / material / relational losses are more easily identified and replaced.
6. **INNER LOSSES** deal more with domains like safety, security and identity. They may affect quality of life deeper than physical loss, and often go undetected.
7. Traumatic loss may carry damage, be irreversible and/or overwhelming due to a **LOSS OF CONTROL**.
8. Loss creates a break in life: a **BEFORE** and **AFTER**. The more profound the loss, the more likely there is a stark 'before' and an 'after'. It creates a rip in your story as you understood it previously.
9. Even "good things" (like a family vacation) can create a sense of loss (if it's the last one that you do together as a family).

Key elements by **Erik Spruyt Ph.D.**