

# IDENTIFYING INNER LOSSES

Loss is experienced on different levels. The most easily identified are physical, material or tangible losses. Losses can also be non-tangible. These are inner losses that are far more difficult to identify, especially for the one experiencing the loss. These losses and the resulting needs that are created can deeply affect one's quality of life.

## *I Lost...*

### MY SENSE OF BEING IN CONTROL

*I am no longer able to cope efficiently with everyday things.*  
*I feel that I am powerless and can do nothing about the current situation.*  
*I feel I have no choices - that I am stuck.*  
*I feel that I am a victim and so behave like one.*

### MY DEEPER SENSE OF IDENTITY

*I no longer know who I am and what I want out of life.*  
*I am just a (parent, employee, housewife, etc.).*  
*I react to others/situations and no longer feel able to think things through.*  
*I don't think I am worthy or valuable.*

### MY SELF-CONFIDENCE AND SELF-ESTEEM

*I am no longer certain of what I can do or what I am good at.*  
*I'm not sure I have anything to contribute.*  
*I no longer feel productive.*  
*I no longer feel I am lovable.*

### MY SENSE OF PURPOSE

*My life no longer has any meaning.*  
*My previous aims/hopes/dreams/calling no longer seem relevant.*  
*I have no positive sense of the future.*

### MY BIGGER VISION

*I can only see my current mountain, and it is too huge to climb.*  
*I am bogged down in the tiniest of details.*  
*I can't see any alternative to the situation.*

### MY CONFIDENCE TO RELATE IN A HEALTHY WAY TO OTHERS

*I no longer feel I can trust others.*  
*I'm not sure others are telling me the truth.*  
*I'm not sure others believe me or see me as trustworthy.*

### MY SENSE OF HOPE

*I feel that there is no way out of the situation.*  
*The world out there is a dangerous place.*  
*Things will only get worse not better.*

### MY SENSE OF PEACE

*As I lose my sense of direction I also lose my sense of inner peace.*  
*All is turmoil and confusion.*  
*There is no sense to my life.*

Adapted from **Dove Counseling Services**