

This is “Peer Counseling Pause” with Reova Meredith

Life’s Losses

Everyone experiences loss. Loss may include:

Relational losses – loss of loved ones through death, through relocation or through broken relationships. (This may also include pets.)

Material losses – loss of home, car, material things

Positional losses – loss of job, social status, retirement

Physical losses – chronic or long-term illness, debilitating condition, loss of limbs or sensory organs, even getting older

Identity losses – divorce, empty nest, retirement, relocation, loss of a dream

Loss is an intense, dark, empty emotion that can result in feeling as though we ourselves are lost and may evoke fear.