

Secondary Losses Worksheets

1. Identifying Primary Loss

Briefly describe the primary loss you have experienced (e.g., death of a loved one, end of a relationship).

2. Recognizing Secondary Losses

Identify and list the secondary losses you've encountered as a result of your primary loss. Consider areas such as social connections, financial stability, personal identity, and future expectations.

Social Losses	
Financial Losses	
Identity Losses	
Future Expectations	
Other	

3. Emotional Impact of Secondary Losses

Reflect on the emotional impact each identified secondary loss has had on you. How have these losses affected your grieving process?

4. Coping with Secondary Losses

For each category of secondary loss, identify coping strategies or support systems you can engage with to help navigate these challenges.
