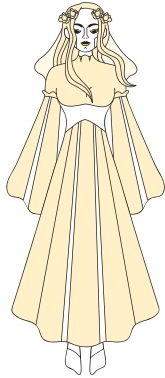


Ghost of Loss Past



Our grief can often feel like it locks us into our past as we feel the sting of pain of those we have lost, the opportunities we have lost, and the experiences we yearn to have again.

What does this ghost show you when it visits?

When you see and experienced this visitation, what do you notice about the memories experience, the the imagery you see, and the feelings you are left with?

As you make space to take in what this ghost is showing you, what do you think is important about this visitation?



Ghost of Loss Present



Sometimes our grief can feel like it hits us right in the gut. It knocks our wind out when we are trying to be present with life right in front of us. This is usually a more surprising form of grief that can be really hard to be with.

Can you remember the last time this ghost visited? What was that experience like? Where and when was this visitation?

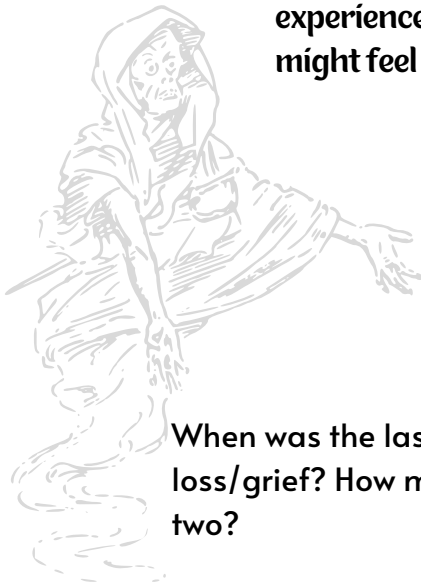
What were the other emotions you experienced aside from sadness as this ghost visited with you?

In what ways do you know your grief experience better by being with this ghost? Why is that important?



Ghost of Loss Future

This loss is usually felt right after the other two. We consider what other losses may stem from the original one we experienced. We may also imagine what other unrelated losses might feel like in the future as we feel our current grief pain.



When was the last time you felt the anxiety of anticipatory loss/grief? How might you capture that experience in a phrase or two?

Anxiety usually drives this experience, and can distort it. In what ways do you think stress may have contributed to how these visions were pictured? If you could capture these anxieties in a narrative, what would that look like? What would you notice?

What, if anything, feels helpful about this ghost forecasting these losses? What might you act on in the now that feels important to address related to the fear of those future losses?

