

We usually associate grief and sadness with the death of a person but any kind of big change or serious loss can cause a kind of grieving process. This is known as 'living loss'. If you are facing the end of something that was important to you - it's normal to feel sadness and pain and need a period of re-adjustment. This model can help you to understand this process.

Experience the loss

Examples of living loss:

- Divorce/separation
- Retirement
- Redundancy
- Selling house
- Diagnosis of ill health
- The end of a dream to have kids.

Grieve for the loss

Feel pain through grief and work through the loss.

Accept the reality of the loss.

Start to adapt to life as it is now.

Start to move forward and make new dreams and goals

Put energies into new plans and create a different 'vision' of your future.