

Healing Your Loss

This book is your personal roadmap to recovering from your loss and finding your ¹focus.

This process is appropriate for any or all of the following events:

- ◆Death of a loved one
- ◆Death of a Parent
- ◆Death of a Child
- ◆Divorce
- ◆Job Loss
- ◆Any issue that you have stuck feelings about

Your guide to working through the trauma of your loss

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¹ The Thesaurus defines focus: A place of concentrated activity, influence, or importance: center, headquarters, heart, hub, seat.

Introduction — Overview

Your loss is real and you need to work your way through it.

Every person experiences losses in their life. Losses can include death, divorce, injuries and more. It is my hope that this work will assist you in working through your pain and getting you back to enjoying your life.

The key to healing the loss in your life is to thoroughly experience your feelings. Document, in detail, your feelings and your experience. The more detail you can document the better. Include in your description colors, temperatures, sizes, intensity and more. Describe how you felt, where you were, how were you dressed, and you may even clip a photo or draw a picture. Describe how you feel now.

This guide is to assist you in this process and to provide a format for release.

Work through the process from the front to the back of this guide. Revisit any area as many times as it requires for you to find peace.

Set aside a time each day to devote to this process. Spend a minimum of 30 minutes each day and in less than 30 days you will have faced your feelings. Feel free to work faster if you want, but commit to a minimum of 30 minutes each day.

This guidebook may be all you need to work through your grief. If you do not work through this guide please seek support elsewhere. If you feel you need assistance from a qualified professional please seek help. (See resources in back of guidebook page *)

How long is a "correct" grieving period? In addition to not having a practical guidebook; social, family, religious and tradition have in many cases contributed to extending the grieving period. You now have the tools to look inside yourself for experiencing your loss and the opportunity to remember without "having to have pain."

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Support Mechanics

Forms to assist you in your process:

A journal. Get a journal now.

A journal will house the details you wish to record for your benefit and for your issue. This is the best place to record your goals and your "Someday I'll" list.

Hints:

Start your new journal on page 10 and note the highlights in the front of the book like a table of contents.

A post-it note is a handy bookmark.

My Side — Your Side

Use the "My Side — Your Side" process any time you want to stimulate your feelings about an event. On a piece of paper draw a line down the center top to bottom. On one side write your story and on the other write the other person's story. The purpose is to close or complete the experience.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Review

Take the time to review, perhaps write down or record on tape, details of your life with the subject of your loss. Please write a minimum of one page for each of the topics in this guidebook. Any area that you think there is nothing to write about will cause you to dig deep and write even more. You may use additional paper and write as much as you want. Remember the details, the more details you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Your feelings

Write about your feelings. Do you feel betrayed? Sad? How do you feel?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Good times

Remember the good times in detail, the more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Bad times

Remember the bad times in detail, the more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Adventures

Remember the adventures in detail, the more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Missed Opportunities

Explore the missed opportunities in detail, the more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Additional Areas

Anything you want to write about, get it all down on paper.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Appreciate

Appreciation is another important area to thoroughly experience. The more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

The time you had

Expressing your appreciation for times that you had together with your loved one will help you to feel the appreciation. Should you get stuck on this write to the person you are remembering or write to another person you would like to share your memories with.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What you did

Appreciate your experiences. Document in detail, the more detail you can document the better.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Forgive

Take the time to forgive the most recent to the oldest memories. Make sure to forgive yourself and your loved one.

Most recent memories

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

To oldest memories

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Thanks

Give thanks for the time you had with your loved one. Write down your thanks and your feelings.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Write a letter of appreciation for each and every...

Hidden inside each event you recall that at first thought you cannot imagine how or why you would appreciate the experience has within it something to appreciate. Find the hidden benefit and write your letter of thanks.

In your journal write letter(s) of appreciation. Write about items that you recall as you think of them. If you cannot think of a topic for today write about what is happening in your life now. When you have fully experienced appreciation it is time to move on to working on yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Work on Yourself

Invest time in your future. Planning is your foundation and the starting point for rekindling your interest in living a full life.

Dreaming

Dreaming is your chance to expand your horizons. Make a "Someday I'll" list. A "Someday I'll" list is a list of things you want to do and of places you want to go. If you get stuck, begin making a list of things you have accomplished in the past.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Stretch yourself and make a long list in your journal 50 to 100 items in these three main areas:

Goal Setting

Goals in many areas help keep you in balance. Make your own list of categories or begin with our list. Make long lists of goals in each category allow yourself to go "wild" with your lists, you will be editing and prioritize them in future pages.

Your first step is to prioritize them using dates to help you with the organization.

This is not the only step and you will re-write these and edit your goals as part of your life-long process of being a balanced human being. You are creating success patterns that will serve you forever.

Written goals are magic. Create the written goals and keep them current reviewing and updating them monthly.

Planning Ahead	Category
Six Months	Live
One Year	Family
Two & 1/2 Years	Travel
Five Years	Vehicles
Ten Years	Investments
Twenty Years	Spirit
	Any Others

Priorities

In addition to organizing by date, you may prioritize by importance.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Feelings

Measuring how you feel about each item is also a valid check. Assign a number value to each item using 1 through 5 as a rating system with 1 being the stronger feeling.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Affect

Look forward to how your life will change as you accomplish your goals. Write the story of your life as if you have obtained your goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Blocks

List the blocks to your achieving the goals you desire. Internal blocks are stuck thoughts that can stop you, they replay at an emotional level and stop you. External blocks are outside situations to overcome, these may require the cooperation or assistance of others.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Desired Date

Choosing specific dates for accomplishing your goals is an important component in the success of creating or manifesting your goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Accomplished Date

Your journal is a good place to write the details of your accomplishments. Note the date and your feelings along with the challenges you overcame to achieve your goal.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Move On

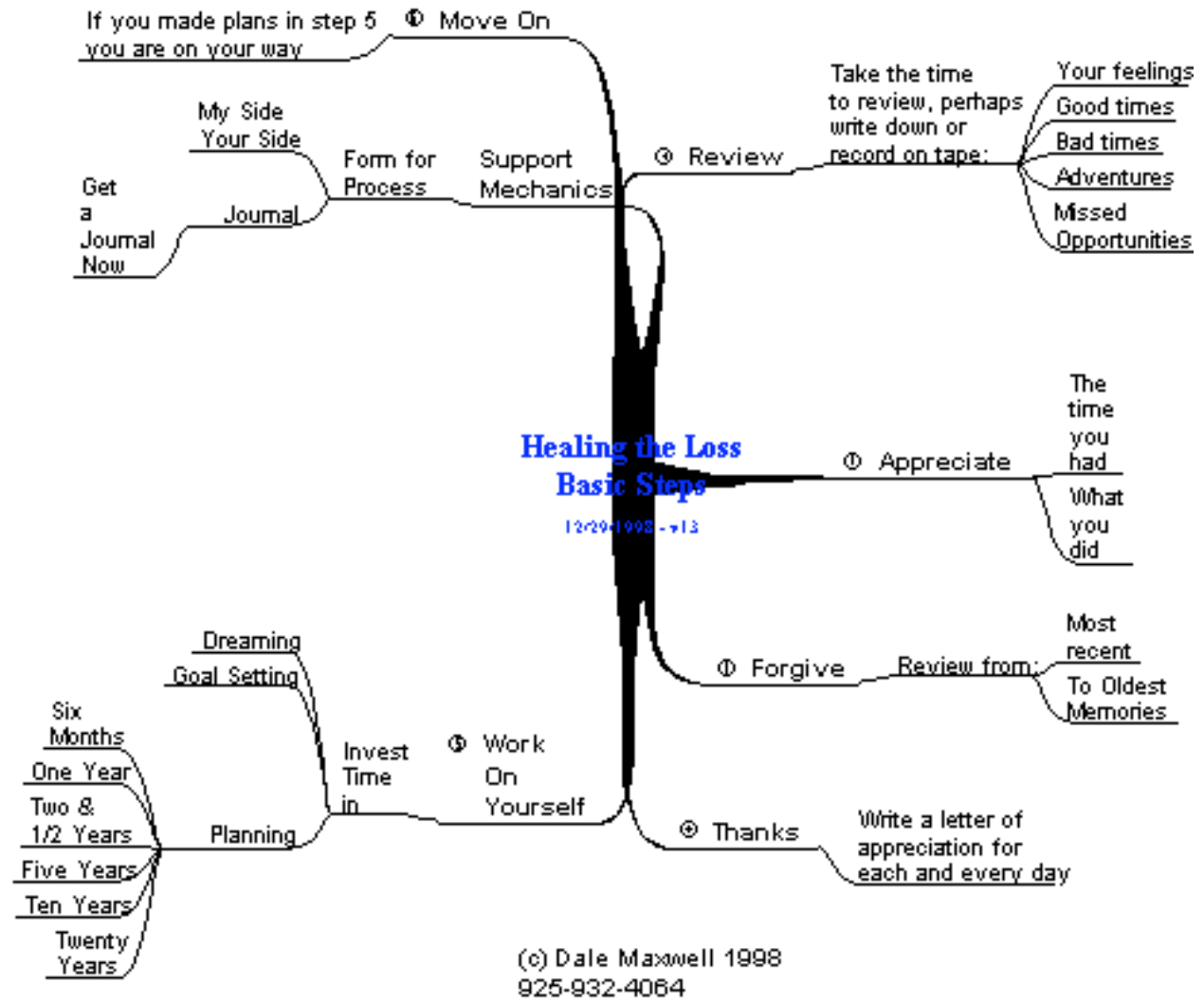
Congratulations on your success in working through your guidebook.

When you made your written goals and assigned dates in the prior areas, you began to move on. Use a planner or your journal to take your plans down to a daily and weekly activity to achieve your life plans

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Mind Map of Book Outline

Healing the loss Basic Steps



Additional Resources

Release therapies <http://www.yourhealthwiz.com/>

Check the web page www.road-to-health.com/grief.htm

The author is a professional coach and mentor helping clients achieve their goals and dreams by providing a safe and positive environment for change.

You may contact Dale Maxwell by web form at <http://www.dalemaxwell.com/contact-me> or e-mail at Dalem@dalemaxwell.com fax at 800-868-7298 for more information about how having a personal coach can assist you.

If you want Coaching by phone first 15 minutes free 800-366-1460

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