

PERMISSION TO GRIEVE

EXERCISE 3.1: WHAT HAVE YOU LOST?

Listed below are some of the roles your loved one may have played in your life – or perhaps you played in theirs. Tick off any that you have ‘lost’ with the death of your loved one. If you can think of others, list them too.

Partner	Friend
Confidant	Teacher
Sexual partner	Companion
Financial advisor	Sounding board
Chef	Handy-person
House cleaner	Gardener
Mentor	Sparring partner
Coach	My greatest fan
Hopes for future	Travelling companion
Dreams for future	Sense of safety
Comedian	Life of the party
Social organiser	House manager
Mechanic	Bill payer
Taxi driver	Child manager
Shared history	Financial security
Parent of my child	Last call of the night
My caring role	Independence
Lost opportunities	Other _____

