



Examples of Loss Graphs.

Taken from the Book: Black, Claudia: Changing Course; Healing from Loss, Abandonment, and Fear. Hazelden Publishing 1999.

Loss Graph Exercise (Early Years) Joyce

Loss Events	Grandmother died	Best friend moved	Parents divorced	Family dog died
Age	7	10	11	15
Unattended Feelings	sad scared	sad lonely unloved	guilty angry	sad alone

Loss Conditions in Family:

Mother: depressed
 Mother: always in bed
 Father: always at work

Abandonment Experiences/Feelings:

Guilty for mother's crying
 Angry because alone
 No one came to my school events
 Afraid to bring friends home
 Guilty, believing I'm at fault
 Unloved

Loss Graph Exercise (Adult Years) Joyce

Loss Events	Miscarriage	Divorce	Left college prematurely due to stress	Aware of marital infidelity	Lost job promotion
Age	21	23	24	36	38
Unattended Feelings	despair	despair fear	sad	anger frightened insecure	despair

Loss Conditions in Family
 Unresolved childhood pain
 Emotionally abusive partner
 Compulsive overeater

Abandonment Experiences/Feelings

Inadequate
 Frightened
 Sad
 Ashamed
 Anger

