

CREATING A LOSS LINE

Materials Needed:

- Blank paper, construction paper, or poster board
- Writing utensils such as markers, crayons, or pens
- Magazines, scissors, and glue
- Any creative materials you can think of

Explanation of the Loss Line

- Purpose: To explore and reflect on the losses you have experienced, consider their impact, and provide an opportunity to share them among family or friends.
- A Word about Losses: There are many losses in addition to death and there are many deaths that aren't acknowledged as losses. Some examples: Loss of friendship, miscarriage, an adoption that didn't work out, losing individuality after a marriage, incarceration, divorce, loss of job, dreams not coming to fruition, loss of innocence, loss of function, loss of health, safety, innocence, security, etc.
- The value in this activity lies in the reflection and creation of a narrative. Leave all expectations around artistic skill, how you "should" think about your losses, or others to the side and just allow yourself to be honest and open in the process.

Creating the Loss Line

- Directions: Write, draw, or create the story of your life that includes all your losses. You can make the Loss Line any size or shape you like. You may use magazines, markers, and crayons as modes of express. Sometimes people are reminded of losses by browsing through a magazine OR the magazine images or words can help with the expression of one's losses without using words.
- Give yourself at least 30 minutes of quiet, uninterrupted time to do it. More is better. Uninterrupted means put your phone away, don't have the TV on, or other distractions that will inhibit your ability to just be with your thoughts.

Questions to Consider

- Who or what have you lost?
- When did these losses occur?
- What were the thoughts and emotions that you remember experiencing after the losses occurred?
- How did other people treat you?
- What are the thoughts and emotions that come up for you when you think about those losses today?
- How have those losses shaped who you are today?
- How would you be different without them?
- What have you learned through grief and loss about yourself, others, and life more broadly?

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Processing the Loss Line

- At Good Grief, we gather as a group to share and process the Loss Lines, finding value in bearing witness to one another's stories.
- You do not have to share it with anyone to benefit from the process. Only share if you feel comfortable and have someone who you trust.
- If sharing does occur, ask for no advice-giving or solutions to the losses and pain you are sharing.
- If you are able, put it away for a week or two, then come back to it and reflect on it once again.
- The Loss Line can be done on an annual basis, and you will see how your grief evolves over time.