

SESSION THREE – Homework Assignment

Re-read Chapter 9. Finish your Loss History Graph. Set yourself up away from others in your home; allow about half an hour to 45 minutes; have some tissues handy just in case.

Don't get pre-occupied if you think you're not doing it right. Do not judge yourself. We'll be able to edit and correct it when you come in next session.

NOTE: All grief is experienced at 100%. There are no half grievors and we do not compare grief. However, for the purposes of this exercise, you'll attach relative degrees of intensity to your losses. Let the length of your lines indicate the intensity that you remember feeling when the loss occurred. (See pages 87 & 92 for examples, and page 100 for a detailed explanation.)

Obviously, this is the most personal and possibly the most emotional homework assignment so far. Because of that, it has the potential to be a little scary. As we've pointed out a few times in the opening weeks, it's not uncommon for people to have some apprehensions or fears when they go to do something they've never done before.

If you have any fears, please allow yourself those feelings, but please take the action of doing the homework anyway.

After you complete your Loss History Graph, read Chapter 10. Re-read Chapter 10.

Instructions:

1. Put your date of birth at left end of line.
2. Put today's date at right end of line.
3. Put the year of your "dawn of memory" event at the beginning of the loss line
4. Put down the year of your most painful loss.
5. Now go ahead and put down your other losses.

See page two of this homework →



The Grief Recovery Method®

Loss History Graph

Name _____ Date _____

