

**Tool**  
**Personal Loss Analysis**

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**Worksheet: Part A—Clarifying Losses**

Consider whether any of the following is among the losses you are faced with and describe any that apply

<b>WHAT</b>	<b>DESCRIPTION</b>
Turf	
Status	
Power/Influence	
Relationships	
Memberships	
Routines/Structures	
Personal Future	
Meaningful Work	
Control of Destiny	
Personal Identity	
Confidence	
Other_____	