

TRANSITIONS

Sustaining Social Change

*there is no beginning without an end
what is over? what isn't?
what can I let go of?
chaos can...*

Personal Loss Analysis

A single change can lead to multiple losses. While some might be obvious, others are not as apparent. For example, a youth who enters the foster care system is obviously losing (at least temporarily) her connection to her birth parents. But she might also experience a loss of connection to her neighborhood or loss of status as the caregiver for younger siblings. When we fail to acknowledge the full range of losses that arise from a change, we may hold on to feelings of anger, sadness and resentment that make it harder to move forward.

Use the guide below to identify and describe any losses that apply to a change you are experiencing.

WHAT	DESCRIPTION
Identity	
Status	
Power/Influence	
Relationships	
Group Memberships	
Routines/Structures	
Hopes for Future	
Meaningful Work	
Sense of Control/Security	
Turf	
Feeling of Competence	
Other _____	