Sadness
Anger
Guilt
Fear
Depression
Seek Help
Denial
Shock
New Life
Acceptance

I CAN LIVE, LOVE, AND LAUGH AGAIN

- Stronger person, purpose in life.
- Have all senses and it feels good.
- Have my creator, and others in my life.
- Like the person in the mirror.
- Can accept reality.
- Regain respect for myself and others.
- I know how I feel, can share with people I trust, have support people.

- Numb, can't cry, cannot escape from reality.
- Pain, loneliness, hopelessness, worthlessness.
- Hurt, loneliness, pain, crying, resentments, blaming, hostility, alone, scared of the unknown.
- Everyone, even God deserted me.
- I am alright and so are others.
- I am not alone, keeping sharing & caring for others.
- I disclose, reaching out, building for self and others.
- FEEL again, trust is to feel good or bad.
- New appreciation for life, I have good memories.
- FORGIVENESS - God, others, and most important self.

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Typed by: null
IDENTIFY LOSSES

Identify with the group of the different types of losses they might have experienced.

Example:

- Loss of a job, home, pet, plant, etc.
- Loss of special friend (separation, relationship break up, divorce, death).
- Loss of good health. (Elders or anyone)
- Loss of persons spirituality, or personal identity.
- Loss of family members or special friends (DEATH).
- Loss of communication, language, feelings.
- Loss of Childhood due to sexual abuse (incest, molestation or rape).
- Loss of friends or relation through substance abuse.

With any loss there is a Natural grief, young people experience sometimes to the extreme, because with these losses, there are feelings that create stress and confusion among young people.

1. **SHOCK:**
   
   Our whole being becomes numb, or stunned. We can’t cry, talk, laugh, think, feel, etc. Shock is a temporary escape from reality.

2. **DENIAL:**
   
   Disbelief, “I just saw him/her yesterday.”
   “No! It is not true!” “I am not that bad yet.”

3. **DEPRESSION:**
   
   Feeling of hopelessness and depression.
   Feeling of worthlessness.
   Feeling of total isolation and loneliness.
   Anger and sadness turned inward.
   Feeling that everyone even God deserted me.

4. **SADNESS:**
   
   Tears, hurt, loneliness, pain, crying.

5. **ANGER:**
   
   Towards God, ourselves, the person and others.
   Resentments, blaming, critical, hostility.

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6. GUILT:  “Feeling so powerless over life and death.”
Self-Blame – “I deserve to be treated this way because I’m no good!”
I should have or I shouldn’t have.

7. FEAR:  “What am I going to do now?” Panicky feeling, “Will I be accepted?”
Alone, scared of the unknown.


9. OTHERS (TRUST):  Involving other people with activities. Taking chances to disclose. Reaching out. Sharing and caring of oneself and others. I can FEEL again. Trust is Building.

10. ACCEPTANCE: I am alright, so are others. I had a loss and I went through grief but I am not alone. CHOICES: to feel good or bad. New appreciation for life, grateful to be alive.
Time to let go, but not good memories of loss.
I am special and I have something to offer to others.
Forgiveness – God, others, and most important self.

11. HOPE:  There is a ray of light, after the darkness of loss. I KNOW HOW I FEEL and I can share these feelings with others that I trust.
I have list of support people to call or visit if I start to slip back into feeling confused.
I have survived a loss, so can you and I will help.
I have dreams for myself now and for the future, and they are not nightmares.

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12. NEW LIFE:

I am a stronger person with a purpose in life.
I have all my senses and it feels good.
I regain respect for myself and others.
I can accept reality.
I like the person I see in the mirror.
I have my Creator and others as my partners in life.
I CAN LIVE, LOVE, AND LAUGH AGAIN!

NATURAL HEALING PROCESS

CRYING

TREMBLING

ANGER

TALKING

GETTING BACK WITH THE PRESENT!

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