

Loss inventory

This sheet is for naming what has changed, in pieces, rather than carrying it all as one undifferentiated weight.

The grief of chronic illness is not a single loss with a single shape. It is several losses, layered, that often get carried as one heavy whole. **Sorting the layers, on the page, is part of the work.**

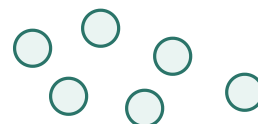
i This is a private reflection tool, not a therapy task. No one needs to read what you write. There is no right amount to write in any box. If a category brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us.

THE CENTRAL REFRAME

CARRIED AS ONE WEIGHT



SORTED INTO PIECES



each one nameable, each one separate

NAMING THE PIECES

What sorting the losses can look like

- Each loss can become **distinguishable** from the others
- The weight you carry today can become **specific**, not vague
- Grief that recurs may be recognisable as *that* grief, not “everything”
- Some categories stay quiet, and that is information too

CARRYING IT UNSORTED

What undifferentiated grief tends to do

- Everything can feel equally heavy, all at once
- Recurring grief can feel like “I am not coping”
- The energy goes into managing the whole, not naming the parts
- Things that might shift with attention can get carried for years

SIX CATEGORIES PAGE 2 INVITES YOU INTO

You will not write in all of them. Some categories will land easily; others will stay quiet. **Both are useful information.** The ones that go quiet are not the priority right now. The ones that surface most are often where the weight is sitting.

1 THE BODY

Physical capabilities that have changed

What your body could do before, that it cannot now, or does differently.

2 THE DAY

Daily routines that have shifted

The small rhythms of an ordinary day that are no longer available, or that take more to do.

3 THE FUTURE

Plans that have had to change

Things you were heading toward, that are now smaller, slower, or different.

4 THE RELATIONSHIPS

Connections that have shifted

People who have stayed differently, drifted, or become closer than expected.

5 WHO YOU ARE

Aspects of identity that have changed

The roles, the descriptors, the ways of being that no longer quite fit.

6 WHAT REMAINS

What has stayed, or what has grown

Not consolation. Not silver lining. The honest account of what is still here, and what the illness has not taken.

WHAT ONE ENTRY MIGHT LOOK LIKE

THE DAY · DAILY ROUTINES THAT HAVE SHIFTED

I cannot do a full day without lying down now. Mornings hold up better, so I keep what matters for then.

REMEMBER

There is no right amount to write. Some categories will surface a sentence. Others will surface a page. **Both are honest.** The aim is not a complete inventory. It is a clearer sense of what you are actually carrying.

Sort what surfaces. Leave the rest for another day.

Loss inventory

This page is for sorting the losses into pieces, rather than carrying them as one weight.

Write as much or as little as feels honest in each category. Some will surface a sentence; others will surface a page. Some will stay quiet, and that is information too.

Fill in any category that feels useful. **Leave the rest blank.** No category is required, the order does not matter, and a few honest sentences are plenty. You can come back to this on another day.

1 THE BODY

Physical capabilities I have lost, or that have changed

What your body could do before, that it cannot now, or does differently, or does at a cost.

2 THE DAY

Daily routines that have shifted

The small rhythms of an ordinary day that are no longer available, or that now take more to do than they used to.

3 THE FUTURE

Plans I have had to change

Things you were heading toward, that are now smaller, slower, different, or no longer in view.

4 THE RELATIONSHIPS

Connections that have shifted

People who have stayed differently, drifted away, or become closer than expected. Both kinds count.

5 WHO YOU ARE

Aspects of identity that have changed

Roles, descriptors, ways of being in the world that no longer quite fit, or that fit differently now.

6 WHAT REMAINS

What has stayed, or what has grown

Not consolation. Not silver lining. The honest account of what is still here, and what the illness has not taken.

A NOTE BEFORE YOU PUT THIS DOWN

If a category brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us.

The aim is not a complete inventory. It is a clearer sense of what you are actually carrying. Meet & Greet · a short call to see if we are the right fit.

MEET AND GREET

Free

15 minutes

Online or in-person

No obligation