

The Road to Forgiveness
Naming My Losses

1. Name Of My Loss	2. Date	3. Changes from My Loss	4. My Reactions	5. My Feelings

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Naming My Losses

As we begin this class, it is important that we name our losses and listen to each other. We will use this introductory exercise for beginning that process.

1. You are asked to create the following chart (see attached) and bring this with you to the first class.
2. We recommend you complete this chart first on a smaller sheet and then transfer to large paper. If you do have access to large paper (described in #2) and would like to do this ahead of time, just bring this completed sheet with you.
3. For the large paper, you can use flipchart paper if you have access to it or you can get poster board at The Dollar Store. If not, paper will be provided for you in the first class and you will have a short time to transfer your information.
4. Please put your name at the top.
5. In column 1, name 3 major losses that are still affecting your life. This can be loss of a family member, loss of a job, a home, etc.
6. In column 2, the date of that loss.
7. In column 3, list the changes each loss created for you.
8. In column 4, list how you reacted to each of these losses.
9. In column 5, lists your feelings regarding your loss.
10. You may want to highlight phrases or bullet points of your information to fit within the columns on the large sheet of paper.
11. **PLEASE MAKE SURE YOU HAVE READ ALL THESE INSTRUCTIONS AND UNDERSTAND THEM THOROUGHLY. Questions can be directed to your Facilitator at:**
MotherlessDaughtersministry@gmail.com