



Adjusting to My Loss

“Mourning is the constant reawakening that things are different now.”—Stephanie Ericson

Beside each of the basic needs, list the ways you have difficulty getting that need met. Also, brainstorm 1-2 possible changes you could make to help meet that need.

Physical Needs: (including food, sleep, and health)	<i>Example: How need is not met</i>	I'm unable to go to sleep at night.
	<i>Example: Changes I can make</i>	Do something relaxing before bed and keep a regular bedtime.
	How need is not met:	
	Changes I can make:	

Safety and Security Needs: (including security of resources, family, property, and employment)	<i>Example: How need is not met</i>	I'm afraid to come home alone after dark.
	<i>Example: Changes I can make</i>	Put a timer on the porch light and attend a class on making my home more secure.
	How need is not met:	
	Changes I can make:	

Love and Belonging Needs: (including friendship and family)	<i>Example: How need is not met</i>	I don't have many friends and the ones I have are too busy.
	<i>Example: Changes I can make</i>	Attend a support group to meet new friends.
	How need is not met:	
	Changes I can make:	

Self-Esteem Needs: (including self-confidence and self-acceptance)	<i>Example: How need is not met</i>	I lack confidence in my ability to manage the finances. There's no one to tell me I'm special.
	<i>Example: Changes I can make</i>	Ask a trusted person to serve as my financial consultant. Volunteer for a local charity to help me feel valued and needed.
	How need is not met:	
	Changes I can make:	

Self-Actualization Needs: (including making the most of my abilities and finding meaning in life)	<i>Example: How need is not met</i>	I feel I'm in a "holding pattern" regarding future goals and finding meaning for my life again.
	<i>Example: Changes I can make</i>	Remind myself that it's okay not to have it all figured out. Decisions for my future can wait. Keep an open mind.
	How need is not met:	
	Changes I can make:	

