



## 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.

<b>Physical Needs:</b> (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:	

<b>Safety and Security Needs:</b> (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:	

<b>Love and Belonging Needs:</b> (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:	

<b>Self-Esteem Needs:</b> (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:	

<b>Self-Actualization Needs:</b> (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:	

