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Grief & Loss Inventory

Source of My Grief or Loss: _____

| Causes | Affects My | What I Do/Did to Cause It or Make It Worse | What I Want | What I Need | Plan of Action |
|--------|--|--|-------------|-------------|----------------|
| | Self-esteem, pride, relationships, finances, emotional security, sexual relations, ambitions, family, safety, etc. | Selfish. Dishonest, fearful, inconsiderate, manipulative, etc. | I Want | I Need | I Will |
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