

Get the Facts

Exercise 1: Losses and Consequences

Remember that it is possible to lose an emotional or moral part of you, just as much as it is possible to lose something physical.

Loss can also be partial; it does not have to be all or nothing.

Tip: In order to get the most benefit from this exercise, try to be as honest as you can.

Area of your life that...	...you have already lost	...you are at risk of losing
Education/career/employment		
Relationships with family, marriage and children		
Relationships with friends		
Ability to be aware of your feelings		
Financial/economic		
Spirituality		
Physical health		

Mental health		
Morals and values		
Personal goals and objectives (both long and short term)		

