

## **Loss of Dreams – A Special Kind of Grief**

**“A loss of dreams relates to images or pictures of our personal world that we create and to which we attach strong emotional investment...the way things are supposed to be.”**

By Ted Bowman (*Loss of Dreams*, 1994, p.16)

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

**1. Share how you have experienced the loss of one of your dreams.**

**2. Tell us about one of your childhood dreams and how that dream unfolded in your life. Looking back, how was what happened similar or different than your childhood dream?**

(Dream of relationship, marriage, raising or not raising a family, leaving home, getting away from family/community abuse/addiction, schooling, career, spiritual/religious, good health, social/community involvement, sports, travel, aging well, etc.)

**3. Share about the grief you hold that is found in that space between your dream and the reality of what actually happened.**

(Your dream of being a part of a loving and caring family, relationship, marriage, parenting, grandparenting, career, friendships, beliefs, living a long and healthy life, no one I care about dies or gets ill, world peace, etc.)

Check out and download at <https://lifesjourney.us/storytelling-about-grief-and-loss-menu/>

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