

Six Types of Loss

1. **Material Loss:** “the loss of a physical object or of familiar surroundings to which one has an important attachment... Example: missing wedding ring, home fire, or moving to different state.”
2. **Relationship loss:** “the ending of opportunities to relate oneself with, talk to, share experiences with, make love to, touch, settle issues with, fight with, and otherwise be in the emotional and/or physical presence of a particular other human being... Example: death of spouse/partner, breakup, or divorce.”
3. **Intrapsychic loss:** “the experience of losing an emotionally important image of oneself, losing the possibilities of ‘what might have been,’ abandonment of plans for a particular future, the dying of a dream... Example: being fired, debilitating accident, or miscarriage.”
4. **Functional loss:** “loss of “some muscular or neurological functions of the body... Example: loss of mental or bodily function from heart attack or stroke.”
5. **Roll loss:** “the loss of a specific role or of one’s accustomed place in a social network... Example: loss of job, retirement, or demotion.”
6. **Systematic loss:** “when one counts on a personal relationship system (home or job) that changes... Example: going to college, losing a job or finishing school.”

By Kenneth R. Mitchell and Herbert Anderson, *All Our Losses, All our Grievs*, pages 26-61.

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 prompt and so forth. A person can pass.

1. **Tell a story about a “Material,” “Relationship,” or “Intrapsychic” loss you have had.**
2. **Share about a “Functional,” “Roll”, or “Systematic” loss you have had.**
3. **Share any insights or emotions you had as you have talked about your loss(es) as one of the six losses: Material, Relationship, Intrapsychic, Functional, Roll, or Systematic loss.**

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

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