

“Facing and Dealing with the Loss of Dreams”

1. **“Name losses as a loss of dreams.** (Become clear when some of our losses are losses of dreams. If we don’t know that we have experienced a loss of dreams or have the words to describe our experience, it will be hard, very hard, to grieve that loss and, as a result, we may find our grieving of other losses unfinished or tainted by an overlay of something mysterious which we can now call loss of dreams.)
2. **Grieve the loss of dreams.** (These losses of future and past, of place and innocence, whether they are ours together or mine alone, must be mourned.)
3. **Know what you are giving up.** (Be realistic about your losses. Also, be realistic about what your life is now. Put things into proper perspective. Be honest with yourself. Don’t let you anger get in the way of important memories of what was or taint the possibilities for what can yet be...Some people take their grief and turn it into a cause...as long as it is not done at the cost of grieving the loss of dreams.)
4. **Keep dreaming!** (Do not let the loss of dreams thwart new dreams and possibilities.)
5. **Know that you are not alone.** (Even though you may think and feel that no one knows what you have experienced, there are ways we can connect and find kindred spirits.)
6. **Build on your support system.** (An act of self-care, an act of nurturance in your own behalf, is a way to help your friends understand it. I know it is hard to do.)”

By Ted Bowman (*Loss of Dreams*, 1994, p.19-34)

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 named and experienced the loss of one of your dreams.** (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.)
2. **Share about how you have, or not have, “Grieved the loss of dreams” and/or “Knowing what you are giving up.”** (Be realistic about your losses. Also, be realistic about what your life is now. Put things into proper perspective. Be honest with yourself.)

3. Tell about one of your current dreams, how you have practiced self-care, and/or who is in your support system. (Do not let the loss of dreams thwart new dreams and possibilities.)

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