## Change and Loss

The following are a series of questions to assist individuals in handling and working through any change, loss, or major disappointment.

1. **What are you thinking related to the change/loss?**

2. **What are the negative aspects of the change/loss?**

3. **How will the change impact you immediately?**

4. **How would you like things to be?**

5. **How likely is it that those things will happen?**

6. **How long will it take you to accept the reality of the change?**

7. **What are the consequences if you can’t accept the change?**

8. **What has this change made you to think about that would not have happened if you had not had this experience?**

9. **Whom do you need to forgive?**

10. **What is the future like without forgiveness?**

11. **Based on our conversation, what is a positive step you can take to put this change/loss behind you?**

12. **What are the payoffs for taking this positive action?**