

	Grief through Trauma	Grief through Addictions
What have you lost?		
What feelings do you associate with the loss?		
How are the feelings you associate with the losses from trauma and addictions similar?		
How are they different?		
Where in your body are these feelings located (i.e. bodily symptoms such as tension, loss of sleep, etc.)?		
How are your current bodily feelings/symptoms about the loss similar to those you've experienced in you body in the past?		
In the past, what have been effective coping skills for you?		
What of these effective coping skills could you use again now?		