

A Personal Loss

Purposes

To invite participants to remember someone or something lost, to honor what was lost and have compassion for themselves for what they experienced; to guide the group in the process of loss, grief and mourning.

Time

45 minutes

Materials

Drawing paper, scissors, glue, crayons, markers, old magazines etc.

Instructions

1. The facilitator leading this exercise should have a drawing ready to demonstrate to the group. Explain briefly the loss depicted.
2. Inform the group that this activity will be processed first in small groups and then summarized in the whole group, where they may also share their work (if they wish to do so) and talk about their loss.
3. Ask participants to use the available craft materials such as paper, scissors, glue, different colors of paper, old magazines, markers, crayons, pencils, to represent a particular loss, be it a person, place or thing. This should be a loss which they are willing to share with a small group. For the purpose of this exercise it need not be the worst loss they have had, but a major, or important, loss. (Try not to exceed 15m) [Note: it is good for facilitators to draw one of their losses also.]
4. When finished drawing, each will walk around the room holding their pictures for display in silence, or if you prefer to hold the drawing facing inward, preventing other people seeing what they drew.
5. Then ask participants to find two others and a facilitator to form a companion group. Voluntarily, take turns and each can explain their drawings. Allow about 4 minutes for each person to speak—see Good Companions and Available and Prepared (handout).
6. Return to the whole group. Is a Grounding needed?

Processing Questions:

Remind the group not to give out personal information on situations of others.

What were your reactions to loss and grief?

What did you learn?