

Different Types of Losses

Grief can stem from a wide variety of losses, not just the death of a loved one. People can grieve over a variety different types of losses, including:

(this is not an exhaustive list; it will give you a broader idea of why the emotion grief is present in many situations.)

1. **Loss of a loved one** (family, friends, pets)
2. **Divorce or relationship breakup**
3. **Loss of health** (chronic illness, disability)
4. **Job loss**
5. **Job promotion**
6. **Job demotion**
7. **Financial instability**
8. **Miscarriage or infertility**
9. **Loss of a home** (moving, foreclosure, natural disasters)
10. **Loss of independence** (aging, illness)
11. **Loss of a dream or goal**
12. **Loss of a community** (moving away, losing a sense of belonging)
13. **Loss of identity** (retirement, career change)
14. **Loss of safety** (trauma, abuse)
15. **Loss of a friendship**
16. **Loss of a routine** (life changes, new environment)
17. **Loss of a role** (parenting, caregiving)
18. **Loss of a sense of normalcy** (pandemics, societal changes)
19. **Loss of a sense of purpose** (existential crises)
20. **Loss of a pet**
21. **Loss of a mentor or guide**
22. **Loss of a cultural or religious connection**
23. **Loss of a significant object** (heirlooms, sentimental items)
24. **Loss of a lifestyle** (retirement, lifestyle changes)
25. **Loss of a sense of control** (unexpected life events)
26. **Loss of a sense of future** (terminal illness, life-altering events)
27. **Loss of a sense of self** (identity crises)
28. **Loss of a sense of time** (aging, life transitions)
29. **Loss of a sense of place** (displacement, relocation)
30. **Loss of a sense of stability** (economic downturns, personal crises)
31. **Loss of a sense of trust** (betrayal, infidelity)
32. **Loss of a sense of fairness** (injustice, discrimination)
33. **Loss of a sense of hope** (depression, despair)
34. **Loss of a sense of belonging** (alienation, isolation)
35. **Loss of a sense of joy** (depression, grief)

36. **Loss of a sense of connection** (loneliness, social isolation)
37. **Loss of a sense of achievement** (failure, setbacks)
38. **Loss of a sense of adventure** (restrictions, limitations)
39. **Loss of a sense of wonder** (cynicism, disillusionment)
40. **Loss of a sense of beauty** (aesthetic changes, environmental degradation)
41. **Loss of a sense of meaning** (existential crises, nihilism)
42. **Loss of a sense of spirituality** (faith crises, religious doubts)
43. **Change in working hours or conditions**
44. **Change in residence**
45. **Change in schools**
46. **Change in recreation**
47. **Change in church activities**
48. **Change in social activities**
49. **Minor mortgage or loan**
50. **Change in sleeping habits**
51. **Change in number of family reunions**
52. **Change in eating habits**
53. **Vacation**
54. **Christmas – or other holidays**
55. **Minor violation of law**
56. **Dismissal from work**
57. **Marital reconciliation**
58. **Retirement**
59. **Pregnancy**
60. **Sexual difficulties**
61. **Gain a new family member**
62. **Business readjustment**
63. **Foreclosure of mortgage or loan**
64. **Change in responsibilities at work**
65. **Death of a child**
66. **Birth of a child**
67. **Child leaving home**
68. **Trouble with in-laws**
69. **Outstanding personal achievement**
70. **Spouse starts or stops work**
71. **Begin or end school**
72. **Change in living conditions**
73. **Revision of personal habits**
74. **Trouble with boss**
75. **Losses due to COVID19**