

Exploring Beyond Divorce - Session 05 Exercise

Naming and Working with Loss After Divorce

This exercise is designed to help you recognize and gently work with the many forms of loss that accompany divorce or the end of a significant relationship. Loss is not a single experience—it often arrives in layers. The purpose of this exercise is not to resolve loss, but to name it, honor it, and reduce the burden of carrying it unacknowledged.

BEFORE YOU BEGIN

You may find it helpful to:

- Choose a quiet, private space
- Set aside 20–30 uninterrupted minutes
- Write honestly, without trying to minimize or rush your feelings

You do not need to complete every section in one sitting.

PART 1: RELATIONSHIP AND EMOTIONAL PRESENCE

Divorce often involves the loss of daily emotional connection.

A. What do you miss most about having your partner emotionally present?

B. What moments of connection feel most absent right now?

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PART 2: IDENTITY AND ROLE CHANGES

Loss often includes shifts in how you see yourself.

A. What roles or identities feel lost or uncertain since the relationship ended?

B. What feels unfamiliar about who you are right now?

PART 3: TANGIBLE AND MATERIAL LOSSES

Some losses are physical and practical, and they can carry emotional weight.

A. What tangible or material losses have been most difficult for you?

B. How have these losses affected your sense of stability or security?

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PART 4: SOCIAL AND SUPPORT SYSTEM CHANGES

Divorce can reshape friendships and support systems.

A. Which relationships or sources of support have changed or disappeared?

B. Who or what feels supportive to you now, even in small ways?

PART 5: SHATTERED DREAMS AND INNER LOSSES

Some of the deepest losses involve hopes, dreams, and imagined futures.

A. What future or dream feels most painful to let go of?

B. Are there any endings that feel like a relief or a 'good loss,' even if mixed with sadness?

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CLOSING REFLECTION

Read back over what you've written.

A. Which two losses feel most present or heavy right now?

B. What would it mean to acknowledge these losses with kindness rather than resistance?

Loss deserves to be witnessed.

Naming it is not weakness—it is a step toward healing.