This is list is not all inclusive regarding the losses we can experience. The hope is to list numerous different losses that impact us. These can be primary losses, secondary losses, or tertiary losses.

* **Loss of Body Function** - hearing, vision, mental capacities, mobility, communication
* **Loss of Body Image** - body part through surgery, accident, change in appearance, aging
* **Loss of Control** - natural or human-caused disasters, accidents, social conditions, hospitalization of loved one
* **Loss of Freedom** - political, employment, incarceration, stigmatized disease or culture impacting access to health care
* **Loss of Health** - medical conditions, illnesses, disability, debilitating or terminal diseases
* **Loss of Home, Property** - homelessness, natural or man-made disasters, aging, insolvency
* **Loss of Identity** - marriage, career, empty nest syndrome, relocation, retirement
* **Loss of Independence** - change in living situation e.g. entering nursing home, marriage
* **Loss of Innocence** - early sexual experiences, advertising and media influences children to grow up too soon
* **Loss of Job, Income** - downsizing, layoffs, retirement, career change
* **Loss of One’s Own Life** - death, suicide, accident, homicide, murder, war
* **Loss of Plans, Hopes & Dreams for the Future** - miscarriage, abortion, stillbirth, adoption, infertility, relationship, job, career
* **Loss of Relationship** - death, divorce, pet break-up, illness, adoption, miscarriage
* **Loss of Religious Beliefs** - questioning beliefs, disillusioned with church, organized religion, impact of sexual misconduct scandals
* **Loss of Role** - occupation, job, relationship e.g. parent, child, friend
* **Loss of Safety** - vulnerable feelings after rape, robbery, betrayal, unanticipated events, crises, traumatic events or disasters
* **Loss of Sexual Function** - from physical or psychological etiology
* **Loss of Significant Person** - death, divorce, illness, relocation, military duty, missing person
* **Loss of Treasured Object(s)** - favorite objects, family heirlooms destroyed in fire/flood, theft