



# Dealing with Loss

FRSC Participatory Workshop

# Session Goals

- ❖ To make members aware of tools and helpful questions to ask when dealing with loss.
- ❖ Suggest members discuss and understand the importance of the spiritual principles involved in dealing with loss.
- ❖ For members to become aware of effective and viable options for dealing with loss.



# Introduction

One of the areas of recovery and life that many find difficult are the areas of grief and loss. There are many relationships of great importance and lasting affection. So, it would seem logical that loss could and probably will be a part of any relationship. In recovery we come from varying backgrounds and experiences, this makes it difficult to claim that one way is more prudent than another when dealing with grief or loss.

There are many things that cause grief, such as the death of a loved one, a spouse, life partner, parent, family member or cherished friend, a sponsor, a person that you sponsor, support group member, or a fellowship friend. It could be loss of a beloved pet, it could be loss of health, youth, wealth, employment, loss of financial security, divorce, loss of mental faculties, the grief of a lost pregnancy or the realization that the ability or opportunity to have children is gone. In some cases, it could be the loss of certain freedoms, or the death of a dream.

## Intro cont'd.

Loss and grief go hand and hand with death and often in recovery, this is the thing we are the least prepared for or experienced with. It can also cause stress that can lead to relapse. Relationships are complicated and so is death. Many of us used drugs to numb pain or uncomfortable feelings. This is an area where many of us hit stumbling blocks. Our fellowship is aging, and we are losing many older members to illnesses and natural causes of death; other than active addiction or overdose. Any loss is substantial, and we would be better served to learn how to cope with and support one another to begin dialog about this topic.

In NA we are often closer to our friends and peers than we are with our own family members. Often those relationships can meld into a “family”. This happens as we are thrown together in recovery and share a journey with likeminded people. We are a high-risk group of people because of our past experiences and the chances we took while using. We often laugh about things that others not in recovery would not find humorous. When we get through these trying times, we have skills and experiences that can help someone else get through tough times as well.

# Large Group Discussion Topics

Let's take a few minutes to share some of our personal experiences in dealing with loss

**ANY LOSS CAN CAUSE GRIEF, INCLUDING:**

The infographic features a dark blue background with teal accents in the corners. It lists seven types of loss, each represented by a white icon in a circular frame. The icons are: two silhouettes of people for 'Loss of Friendship', two band-aids for 'Loss of Health', a briefcase for 'Loss of Job', a tombstone for 'Death of Loved One', a dog for 'Loss of Pet', a broken heart for 'Divorce or relationship breakup', and a stack of money for 'Loss of Financial Stability'. The text 'ANY LOSS CAN CAUSE GRIEF, INCLUDING:' is written in teal at the top left, and teal wavy lines are in the top right and bottom left corners.

- Loss of Friendship
- Loss of Health
- Loss of Job
- Death of Loved One
- Loss of Pet
- Divorce or relationship breakup
- Loss of Financial Stability

What about you?—Let's discuss your own personal experiences with grief and loss.

A graphic featuring two overlapping speech bubbles. The left bubble is blue and the right bubble is white with a blue outline. The text "Discussion Questions" is centered in the white bubble, with "Discussion" in blue and "Questions" in orange.

## Discussion Questions

1. What are three losses that impacted your life prior to recovery?
2. What are three losses during recovery that has impacted your life?
3. What recovery tools are you using/have used to process numbers 1 & 2?
4. Which (NA) steps are most impactful?
5. What spiritual principles can be helpful when dealing with loss/grief?
6. Is your sponsor involved and how much?
7. How effective is the utilization of your support group when dealing with loss/grief?
8. Is it reasonable to seek outside help and/or have you inventoried self to determine any level of reason, to obtain outside help?
9. What are you doing to be other-minded as you process your loss and or grief?
10. How long is it okay to grieve?
11. What are your stated values and goals for dealing with loss?
12. How can I console someone who experiences a loss?



# Small Group Discussion Format

- Each small group chooses a facilitator, a recorder, and a reporter.
- Each group has about 3 to 5 minutes per question, which includes the time to select one or two top ideas to share with the whole group at the end.
- Once the small group discussion ends, the reporter will share on the top one or two ideas from your group with the full room.



# Dealing with Grief & Loss from The NA Literature



Due to the vastness of articles and information regarding Grief and Loss in the NA literature; the list below identifies a few of the references/publications found at na.org.

## Grief and Loss in Recovery:

- **Living Clean.** That make recovery an ongoing, rewarding and exciting journey requires an active change in our ideas... the limits of our compassion. We endure the loss of fellow members and sometimes of our loved ones and learn to live through grief.
- **NA Way Magazine July 1998** When my sponsor relapsed and if she had that kind of recovery, she was just the one I had prayed for the God... My sponsor was a cornerstone of my recovery foundation that allowed me to... Feelings or grief surfaced over the loss of the relationship. There were many.
- **NAWAY Magazine ,Generosity Entry 1 of 5 Giving generously of ourselves, especially...** Recovery is a good example of how giving of ourselves can help us endure pain and... When we first get clean some of us find we're grieving many losses.
- **The NA Way Magazine January 2016 .** Hurdles like the challenges of change, disappointments, loss, and grief, but I am not.
- **NA Way Magazine January 1999.** Grief and loss...recovery, your views on NA matters, and feature items... dedicated to the celebration of our message of recovery "that an addict, any addict, can



# Session Wrap-up



Thank you all for your participation today. We hope you will continue these discussions as part of your home groups, service bodies, and events.

