

# Loss Orientation Inventory

## What Kind of Loser Are You?

### Passings

**Directions:** Read each statement, then assign each a number 1-5, where 1=strongly agree and 5=strongly disagree. As you do this, track how much energy you have tied to this statement. If you feel a strong surge of energy or loss of energy (or a rise or drop in emotions) as you contemplate the statement, put a star in the second column. Use the empty rows to create your own statements.

	Statement	Agree/ Disagree	Energy Investment
1	Surrender means giving up.		
2	I am comfortable expressing emotions related to loss.		
3	I have experienced many losses throughout my life.		
4	When a relationship ends, I quickly replace it.		
5	Loss is a result of failure.		
6	There are good deaths.		
7	People choose how they die.		
8	All deaths should be peaceful.		
9	Children should not die.		
10	Dying is frightening.		
11	Physical death is the most challenging kind of death.		
12	I jump right into new phases of life and don't look back.		
13	I struggle to accept change.		
14	I honor each of the transitions in my life.		
15	Loss can be avoided.		
16	Illness is a limitation.		
17	Cancer is scary.		
18	Dementia is scary.		
19	Illness is something to be fought.		
20	Chronic illness is a result of poor choices.		
21	I am uncomfortable around someone who is deeply grieving.		
22	I do not know how to support someone as they experience loss.		
23	Grief is a series of stages.		
24	We eventually "get over" the loss of someone.		
25	There are losses I have not grieved.		


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