

Secondary Losses

In addition to the loss of the person who died, you are likely experiencing other losses as well. Secondary losses are those losses that accompany the death of a loved one. A few examples are:

Loss of Self

- Self - "Part of me died, too"
- Identity – having to rethink your role (spouse, son, daughter, parent, brother, sister, friend, etc.)
- Self confidence - lessened self esteem, shame
- Health - physical responses to mourning
- Personality - "I'm just not myself anymore"

Loss of Safety/Security

- Emotional - loss causes emotional upheaval
- Physical - "Who will take care of me?" (my physical needs)
- Fiscal - concern about family finances
- Lifestyle - changes in family life, the way that you live and do things

Loss of Meaning

- Goals and dreams - plans made together shattered by the death
- Faith - questioning belief systems
- Will/desire to live - not caring about things anymore, a desire to join your loved one
- Happiness - doubting that life will be good again

There are many other types of secondary loss that can accompany the death of a loved one. What additional losses have you experienced?

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