

### The Integrity Wheel: Loss Season 2, Episode 7

#### FOR FURTHER REFLECTION

##### Exercises for Loss

###### **Exercise 1: Mapping Personal Loss**

Reflect on this statement from Chapter 6 ("Loss") of [\*The Integrity Wheel\*](#) by Bill Tillman: "Losses may be the most significant shapers of who we are and who we are becoming of anything we experience in life."

With that perspective in mind, take some time to create a list of the losses you have experienced in your life. Consider asking these questions for each loss:

- In what ways are your losses uniquely yours? In what ways connect you to the shared human experience?
- How have you responded to these losses in the past, or how are you responding to them right now?
- What have these experiences taught you?
- Have others helped you cope with these losses? If so, how? What did you learn from their support that might help you encourage someone else walking through their own grief?

###### **Exercise 2: Processing Communal Loss**

Certain tragedies and natural disasters impact entire communities, regions, or nations. Examples include the assassination of President Kennedy, the attempted assassination of President Trump, the space shuttle Challenger and Columbia disasters, devastating hurricanes and tornadoes, or school shootings.

- Personal Impact: How have you been personally impacted or shaped by these larger, communal losses?
- Community Impact: In your experience, do communal losses tend to unite people or divide them? In what specific ways have you seen this play out?

##### Additional Resources for Loss

###### **Books mentioned:**

Lotz, Anne Graham, and Rachel-Ruth Lotz Wright. *God Won't Leave You There*. Thomas Nelson, 2026.

Viorst, Judith. *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. Illustrated by Ray Cruz.

Atheneum Books for Young Readers, 1987.

Viorst, Judith. *Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations*

That All of Us Have to Give Up in Order to Grow. Simon and Schuster, 1998.