**Acknowledging the Five Disses of Your Ending**

Endings have five aspects. You may not experience all five equally and you may experience more than one during a single hour or day.

This worksheet helps process aspects of your ending to provide a new perspective on your loss and help guide you on your path. Be kind to yourself.

**Disengagement** –Old cues and signals no longer received. Ex: sleep alone now. Don’t go off to work. Calls, texts, emails no longer received. A pet no longer needs walked. Start of transition.

What signals have ceased that defined you and your world?

**Dismantling** - Tearing down of habits, behaviors, and practices that made you feel like you. Like a home remodeling project - remove drywall or plumbing to install new. Ex: No longer shop or make dinner for two. Hobbies, card games, meals out now done alone or not at all.

What signals, habits, routines have ended because of your loss that are painful by their absence?

**Disidentification** - Loss of the old ways you identified yourself. Ex: Supervisor. Teacher. Spouse. Parent. Daughter. I instead of us or we.

What identifiers have ended that you once used to understand yourself?

**Disenchantment** - Discovering one’s world is no longer real. The structures used to define our reality are missing. The past isn’t what we thought it was so the future isn’t either. Ex: Realization that our parents, spouse, friend was fallible. Can’t deny life’s hard moments.

What memories/beliefs have a different meaning because of your ending?

**Disorientation** - Emotionally adrift. Lost a sense for the future. No longer make plans or see the purpose of them. Must suffer through it. (I’m sorry)

How you are feeling in this moment? If it helps, use metaphors. Lost at sea or the forest. Driving with no map or GPS. Navigating by the stars on a cloudy night. Name how the metaphor connects with your experience.