



UNRESOLVED GRIEF is cumulative and could be negatively impacting your health, happiness, and success.

Read over the list and check all of the events that apply to you.

If you answer YES to any of the questions, there is a strong probability you could be hanging onto unresolved or incomplete grief from your past.

1	Have you transitioned to working from home/back to work?	YES	NO
2	Have your children transitioned to online learning?	YES	NO
3	Has your company gone through a reorganization or downsizing?	YES	NO
4	Have you experienced a major change in financial conditions (positive or negative)?	YES	NO
5	Did you move more than twice before the age of 10?	YES	NO
6	Did you ever have a pet die?	YES	NO
7	Did you receive early childhood religious training?	YES	NO
8	Have you ever quit a job, been fired, or severed?	YES	NO
9	Have you ever been married, separated, or divorced?	YES	NO
10	Have you had a series of unsuccessful relationships?	YES	NO
11	Did you lose friends when you graduated from high school, college, or university?	YES	NO
12	Did you move away from home to attend school, college, or university?	YES	NO
13	Have you experienced the death of a love one? Parent, spouse, child, sibling?	YES	NO
14	Have you experienced the death of someone you consider a less than loved one?	YES	NO
15	Were you verbally, emotionally, physically, or sexually abused as a child or an adult?	YES	NO
16	Have you (or your partner) ever experienced a miscarriage, stillbirth, or abortion?	YES	NO
17	Do you have a strained or painful relationship with a living parent(s), spouse, or friend?	YES	NO
18	Have you ever experienced the loss of use or function of any part of your body?	YES	NO
19	Are there long stretches of your childhood that you cannot remember?	YES	NO
20	Have you ever experienced a series of illnesses or accidents?	YES	NO
21	Do you harbor any resentment toward a deceased parent, spouse, friend or relative?	YES	NO
22	Have you cared for or are you caring for an aging or sick parent/sibling/friend?	YES	NO

Loss can be a catalyst for transforming and awakening to your greater sense of purpose.

Book a 20-minute no-obligation consultation with Melody today to discuss how you can complete your past and create your future to be the happy, healthy person you yearn to be.