

My Personal Loss Inventory

我的失落清單工作本

A Guided Workbook for Healing, Honesty, and Renewal

一份用於療癒、誠實與更新的引導式工作本

Loss is not only about death. Loss includes invisible pain that the heart still carries. 失落不僅是關於死亡。失落包括心靈仍然承載的無形傷痛。



✨ **How to Use This Workbook** | 如何使用本工作本

This workbook is not meant to be rushed. You may complete it over days or weeks. Some sections may stir deep emotions—pause when needed. 這不是一本需要一次完成的工作本。你可以用幾天或幾週慢慢進行。有些段落可能喚起深層情緒，請在需要時停下來。

Guidelines | 使用原則

- Write honestly, gently, and without self-judgment | 誠實、溫柔地書寫，不要自我論斷
- Skip sections and return later if needed | 如有需要，可以跳過某些段落，稍後再回來
- Use extra pages freely | 可以自由使用額外的頁面
- This is sacred space for your story | 這是為你的故事預備的神聖空間



1 What Is Loss? | 什麼是失落?

Loss is anything meaningful that was taken away, changed, broken, delayed, or never received—including people, roles, dreams, health, safety, identity, trust, or seasons of life. 失落是指任何有意義的事物被奪走、改變、破碎、延遲或從未得到——包括人、角色、夢想、健康、安全感、身份、信任或生命的季節。

The Lord is close to the brokenhearted and saves those who are crushed in spirit. — Psalm 34:18 「耶和華靠近傷心的人，拯救靈性痛悔的人。」 — 詩篇 34:18

👉 Reflection | 反思

When I hear the word loss, what comes to my mind? | 當我聽到「失落」這個詞，我想到什麼？

Writing Space | 書寫空間

 Seedling
苗子文化

2 Types of Loss | 失落的類型

(You may have experienced more than one | 你可能經歷過不止一種)

Blessed are those who mourn, for they will be comforted. — Matthew 5:4 「哀慟的人有福了! 因為他們必得安慰。」 — 馬太福音 5:4

- Loss of a loved one (death) | 失去所愛的人 (死亡)
- Loss through divorce or separation | 因離婚或分居而失去
- Loss of relationship (betrayal, rejection) | 失去關係 (背叛、拒絕)
- Loss of health or physical ability | 失去健康或身體能力
- Loss of safety or stability | 失去安全感或穩定性
- Loss of financial security or provision | 失去財務安全或供應
- Loss of property or home | 失去財產或住所
- Loss of role or identity | 失去角色或身份
- Loss of dreams or future plans | 失去夢想或未來計劃
- Loss of time or opportunities | 失去時間或機會
- Loss of faith certainty | 失去信仰確定感
- Loss of community or belonging | 失去社群或歸屬感
- Loss due to injustice or unfair treatment | 因不公義或不公平對待而失去
- Loss of work or calling | 失去工作或呼召
- Loss of control or autonomy | 失去掌控感或自主權
- Other | 其他: _____

🔥 Reflection | 反思

Which losses still feel unfinished or painful? | 哪些失落仍然未完成或仍在疼痛?

Writing Space | 書寫空間
