

STORMS

WE GO THROUGH

HEALTH ISSUES

Diagnosis of physical/mental health
Loss of skill needed for relationships
professional work or school

DEATH & LOSS

Death / Loss of loved one / Break up /
Divorce / Loss of pet

SAFETY & STABILITY

Loss of physical & emotional safety
Job loss / loss of income / career change
Loss of home / Loss of property

BIG LIFE CHANGE

Move to a new geographical location
Change of self after a life-altering event
Unachieved goal, hope or dream

CONFLICTS IN RELATIONSHIP

Isolation: rejection by family & friends
Friendship ended / Loneliness
Disconnection: loss of community & belonging