

## Turning a Loss into a Gain (Slide 64)

This is a useful tool for creating new stories, which leads to neuroplasticity. Use these prompts to process a difficult situation.

My loss was...

It happened (when)...

When I think about it, I feel...

I felt sad/angry/happy/other because...

My gain was...

What I would have liked to say...

I shared my loss with... / I did not share my loss with...

How I feel about it now....

Excerpted from workshop for *Navigating Emotional Realities with Adults: Emotional Poverty at Work* (Payne & Ott). © 2023 by aha! Process, Inc.