

RIPPLE EFFECT

SECONDARY LOSSES

Death has a ripple effect in that the death of a loved one is a primary loss that often results in secondary losses. While the initial death event is often public, many secondary losses are less obvious and go unobserved by outsiders.

Some of the secondary losses might include:



LOSS OF FAMILY STRUCTURE

- A widow who now lives alone and has to manage all the household responsibilities.
- A child who loses a parent and now lives in a single parent household.
- A child who loses a sibling also loses a playmate.

LOSS OF IDENTITY

- When an only child dies, a parent often questions whether they are still a mother or a father.
- When a sibling loses a twin, s/he now has to navigate life as a singlet.
- When a spouse dies, the widow/widower must adjust from being half of a pair to being alone.

LOSS OF LIFESTYLE

- Loss of financial security.
- Loss of a planned future.
- A parent who volunteered for a deceased child's team or activity often loses that connection.
- A child who loses a deceased sibling's friends.
- A widow who has to adjust to being single again, and often is forced to find support outside his/her married friends.

ANSWER THE FOLLOWING QUESTION

Have you experienced any secondary losses since your primary loss? If so, list them here.
