

NECESSARY LOSSES

When we think of loss we think of the loss, through death, of people we love. But loss is a far more encompassing theme in our life. For we lose not only through death, but also by leaving and being left, by changing and letting go and moving on. And our losses include not only our separations and departures from those we love, but our conscious and unconscious losses of romantic dreams, impossible expectations, illusions of freedom and power, illusions of safety—and the loss of our own younger self, the self that thought it always would be unwrinkled and invulnerable and immortal...pg. **15-16**

We must confront, in the dreams we dream, as well as in our intimate relationships, all that we never will have and never will be. Passionate investment leaves us vulnerable to loss...16...**what we are attached to will hurt us...**

In fact, I would like to propose that central to understanding our lives is understanding how we deal with loss. I would like to propose in this book that the people we are and the lives that we lead are determined, for better and worse, by our loss experiences...pg. **17**

The losses involved in facing the limitations on our power and potential and deferring to what is forbidden and what is impossible.

The losses of relinquishing our dreams of ideal relationships for the human realities of imperfect connections...

And the losses – the multiple losses – of the second half of life, of our final losing, leaving, letting go...

Examining these losses does not make for meery remedies like *Winning Through Lossing* or *The Joy of Loss*. Our junior philosopher said it. Losing sucks. But to look at loss is to see how inextricably our losses are linked to growth. And so starting to become aware of the ways in which our responses to loss have shaped our lives can be the beginning of wisdom and hopeful change...pg. **18**

Poem – quote...There is no ache more
Deadly than the striving
to be oneself.
- Yevgeniy Vinokurov

Loss gives rise to anxiety when the loss is either impending or thought to be temporary. Anxiety contains a kernel of hope. But when loss appears to be permanent, anxiety – protest – gives way to depression – despair...pg. **32**

In becoming this self, this 'I' we have had to let go of the peerless paradise of oneness pg. **51**

Growing up takes time and we may be a long time learning to balance our dreams and our realities.

We may be along time learning that life is, at best, "a dream controlled" – that reality is built of imperfect connections. pg. **168-169**

C.S. Lewis uses identical imagery... one keeps on emerging from a phase, but it always recurs. Round and round. Everything repeats itself. Am I going in circles...pg. **247**

We will mourn the loss of others. But we are also going to mourn the loss of our selves – of earlier definitions that our images of self depend upon. For the changes in our body redefine us. The events of our personal history redefine us. The ways that others perceive us redefine us. And at several points in our life we will have to relinquish a former self image and move on....pg. **265**

In periods of stability, we are putting together a structure for our life – making key choices, pursuing certain goals. In periods of transition we are challenging the premises of that structure – raising questions, exploring new possibilities. Each transition leads to termination of a previous life structure, and each termination writes the research psychologist Daniel Levinson – is an ending...pg. **265-66**