Lost Dreams

Hidden Losses and Our Resilience during COVID

with Ruth Van Reken

BBL for WBG, IMF, and IDB

June 4, 2020
Today's Take Aways

- Understanding the Transition Cycle vs. Change
- Identifying & Acknowledging Losses
- Strategies for Building Resilience
Types of Changes that Create Transition Cycles

- Physical Moves
- Life Stages
- Unexpected, Sudden Changes
- Catastrophic Events
- Other?
Transition Cycle
Transition Cycle

Involvement

Leaving
Transition Cycle

- Involvement
- Leaving
- Transit
Transition Cycle

Involvement
Leaving
Transit
Entering
Transition Cycle

- Involvement
- Leaving
- Transit
- Entering
- Re-involvement
Transition Cycle

- Involvement
- Leaving
- Transit
- Entering
- Re-involvement
Recognizing & Mourning the Losses
Types of Hidden Losses

- World that Was
- Lifestyle
- A Dream
- Relationships
- Status/Identity
- Possessions
The Grief Wheel

Elizabeth Kübler Ross
Obstacles to Healthy Mourning

- Lack of Awareness
- Lack of Permission
- Lack of Time
- Lack of Comfort
Strategies for Healthy Mourning

- Name it
  - (Awareness)

- Don't Compare
  - (Permission)

- Recognize Process
  - (Time)

- Acknowledge Loss
  - (Comfort)
Retrospective Goodbyes

- Reconciliation
- Affirmation
- Farewells
- Think Destination
Strategies for Moving Ahead

What gives your life meaning?

Re-consider previous goals: do they need tweaking?

Look for new ways to recreate the lost dream.

When you can't do everything, do the one thing you can
“Unpack your bags and plant your trees”

—Charles Frame, Ruth’s dad
Re-Involvedment
Questions?

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