

# EXERCISE NO. 3

## Loss

- Find a quiet and comfortable place to sit. Equip yourself with a pen and paper.
- Try to remember a situation when you experienced a feeling of loss. Perhaps it was a cherished object, a place you loved to visit, a favourite pet or a loved one.
- Let all the memories and emotions associated with the loss come back to you. Write them down.
- Think over your own experience of loss and consider how it must feel to be deprived of all those things or people to which or to whom you attach great importance.



***The point of this exercise:***

*Many refugees lose absolutely everything: their country, their home, their friends, their family. Try to understand the pain they must feel.*