

LOC Prompts

'Introduce yourself by your first name. Share one way the loss of our colleague has changed the rhythm of your shift, and one small "win" you had this week where you felt focused or effective.'

Week 1

'Share one experience from this past week where you felt a "heavy lift." Was it driven by the sadness of the loss (Grief), or the jumpiness and replaying of the event (Trauma)? How did you handle that moment?'

Week 2

'Describe one moment this past week when you were fully and painfully immersed in the sadness of the loss (Loss Orientation), and one moment when you were successfully distracted or focused on the mission (Restoration Orientation). Did you feel any guilt during that moment of distraction?'

Week 3

'Describe one moment this week where the "Old Squad" felt very present, and one moment where the "New Reality" felt especially wrong or uncomfortable. How are you navigating that "Grey Zone" in your daily shift?'

Week 4

'What is one specific aspect of the agency's response, the equipment, or the "system" that feels like a betrayal of our fallen colleague? How is that sense of injustice affecting your "Status" on the street?'

Week 5

'What is the "Fairness Myth" that was shattered for you by this loss (e.g., the timing, the person, the "Why him/her?")? And how is that sense of unfairness affecting your belief in the mission right now?'

Week 6

'What is the "If Only..." statement that has been playing on loop in your head since the loss? And what is one piece of evidence—one memory of your partner's actual, human personality—that reminds you that your relationship was real and "enough"?'

Week 7

'What is one specific professional or personal trait of our fallen colleague that you most respected? And what is one small, actionable way you will "deputize" that trait into your own conduct on the street this week?'

Week 8

'What is one specific "Pillar" of scaffolding (a routine) you will reinforce this week to keep your internal status stable? And what is one "Script" you will rehearse to protect your energy when you encounter the "back to normal" expectations of others?'

Week 9

'What is one specific lesson about your own resilience that you will take back to the street? And what is one promise of self-care you will make to yourself to ensure you stay mission-ready for the months and years ahead?'

Week 10