

Self- Look at Grief



1. Memories of the person who died or left upset me.

Never Rarely Sometimes Often Very Often/Always

2. I think about this person so much that it's hard for me to do the things I normally do.

Never Rarely Sometimes Often Very Often/Always

3. I feel I cannot accept the loss of the person who died or left.

Never Rarely Sometimes Often Very Often/Always

4. I feel myself longing for the person who died or left.

Never Rarely Sometimes Often Very Often/Always

5. I feel drawn to the places and things associated with the person who's gone.

Never Rarely Sometimes Often Very Often/Always

6. I can't help feeling angry about his/her death or leaving.

Never Rarely Sometimes Often Very Often/Always

7. I feel disbelief over what happened.

Never Rarely Sometimes Often Very Often/Always

8. I feel stunned or dazed over what happened.

Never Rarely Sometimes Often Very Often/Always

9. Ever since he/she died or left, it is hard for me to trust people.

Never Rarely Sometimes Often Very Often/Always

10. Ever since he/she died or left me, I feel as if I have lost the ability to care about other people or I feel distant from people I care about.

Never Rarely Sometimes Often Very Often/Always

11. I feel lonely a great deal of the time ever since the loss.

Never Rarely Sometimes Often Very Often/Always

12. I have pain in the same area of my body or have some of the same symptoms as the person who died.

Never Rarely Sometimes Often Very Often/Always

13. I go out of my way to avoid reminders of the person who's gone.

Never Rarely Sometimes Often Very Often/Always

14. I feel that life is empty without the person who died or left.

Never Rarely Sometimes Often Very Often/Always

15. I hear the voice of the person who's no longer in my life speak to me.

Never Rarely Sometimes Often Very Often/Always

16. I see the person who is gone stand before me.

Never Rarely Sometimes Often Very Often/Always

17. I feel that it is unfair that I should live when this person died or left.

Never Rarely Sometimes Often Very Often/Always

18. I feel bitter over this person's death or leaving.

Never Rarely Sometimes Often Very Often/Always

19. I feel envious of others who have not lost someone close.

Never Rarely Sometimes Often Very Often/Always

Call Phoenix Associates, Inc. at 260.424.0411 to discuss your results.