

Grief Inventory

Please select the option that best describes how you feel right now:	Never	Rarely	Some- times	Often	Always
I think about this person so much that it's hard for me to do things I normally do.	0	1	2	3	4
Memories of the person who died upset me.	0	1	2	3	4
I feel I cannot accept the death of the person who died.	0	1	2	3	4
I feel myself longing for the person who died.	0	1	2	3	4
I feel drawn to places and things associated with the person who died.	0	1	2	3	4
I can't help feeling angry about his/her death.	0	1	2	3	4
I feel disbelief over what happened.	0	1	2	3	4
I feel stunned or dazed over what happened.	0	1	2	3	4
Ever since s/he died it is hard for me to trust people.	0	1	2	3	4
Ever since s/he died I feel like I have lost the ability to care about other people or I feel distant from people I cared about.	0	1	2	3	4
I have pain in the same area of my body or have some of the symptoms as the person who died.	0	1	2	3	4
I go out of my way to avoid reminders of the person who died.	0	1	2	3	4
I feel that life is empty without the person who died.	0	1	2	3	4
I hear the voice of the person who died speak to me.	0	1	2	3	4
I see the person who died stand before me.	0	1	2	3	4
I feel that it is unfair that I should live when this person died.	0	1	2	3	4
I feel bitter over this person's death.	0	1	2	3	4
I feel envious over others who have not lost someone else.	0	1	2	3	4
I feel lonely a great deal of the time ever since s/he died.	0	1	2	3	4

Total score: _____ + _____ + _____ + _____
= _____