

## Brief Grief Questionnaire\*

1. How much are you having trouble accepting the death of \_\_\_\_\_?

Not at all..... 0          Somewhat.....1          A lot..... 2

2. How much does your grief still interfere with your life?

Not at all..... 0          Somewhat.....1          A lot..... 2

3. How much are you having images or thoughts of \_\_\_\_\_ when s/he died or other thoughts about the death that really bother you?

Not at all..... 0          Somewhat.....1          A lot..... 2

4. Are there things you used to do when \_\_\_\_\_ was alive that you don't feel comfortable doing anymore, or that you avoid? Like going somewhere you went with him/her, or doing things you used to enjoy together? Or avoiding looking at pictures or talking about \_\_\_\_\_? How much are you avoiding these things?

Not at all..... 0          Somewhat.....1          A lot..... 2

5. How much are you feeling cut off or distant from other people since \_\_\_\_\_ died, even people you used to be close to like family or friends?

Not at all..... 0          Somewhat.....1          A lot..... 2

**A score of 4 or more suggests an individual may have complicated grief.**

(M.K. Shear, personal communication, January 2014).

**Refer the individual to a grief specialist for further evaluation.**

*\* Developed by M. Katherine Shear MD and Susan Essock PhD. Included with permission.*