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.