



## 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, 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 5 or more may be suggestive of the presence of the syndrome of Complicated Grief, but full evaluation by a clinician is necessary to make this diagnosis.**

*Source: Katherine Shear & Susan Essock, University of Pittsburgh.*