

Grief Scale

Beginning Grief Counseling

Name

Date

Thank you for taking the time to complete this scale.

This scale is designed to help you better understand your grief. It includes feelings, thoughts or situations that are common for people who are grieving. You may not be experiencing all that is listed here because grief is different for everyone. Remember that grief is a normal reaction when adapting to a major change. It helps you adjust to a new way of life and a new sense of who you are. Grief is a *process* and it changes over time.

To be able to understand your ups and downs, please think about the past two weeks, and based on the past two weeks, rank each experience below from 1 to 5 (1 meaning you never have this experience and 5 meaning you always or almost always do).

In completing the scale you will have a “picture” of your grief at this moment in time.

1. Feelings of Sadness. I feel sad most of the day.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

2. Loss of Appetite. I don't feel hungry and I have to force myself to eat.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

3. Weight Gain. I can't get enough to eat. I eat to stop the gnawing pain in my stomach.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

4. Nervousness. I feel restless and can't settle down to do one thing. I feel jittery and I don't know why.

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|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

5. Sleep Problems. I wake up at three or four in the morning and can't go back to sleep. I sometimes feel sleepy all the time but can't sleep for long.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

6. Anger. I feel irritable and I don't know why. It is easy to get angry with anyone or anything. I get mad at people I love and care about over little things.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

7. Confusion. I sometimes forget what I'm doing. I can't concentrate on things for very long.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

8. Constant Thoughts of the Death of the Loved One. I can't stop thinking about how (s)he died and what happened the day (s)he died.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

9. Fear. I am afraid of things I never used to be afraid of. I am afraid of being alone, afraid of the dark, afraid of silence.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

10. Guilt. I feel guilty about my feelings concerning my loved one's death. I feel guilty about being angry with people or for questioning my spiritual beliefs. I try to find ways to blame myself for the death or the way I acted on the day my loved one died.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

11. Disbelief. I refuse to believe this has really happened.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

12. Dreams About My Loved One. I keep having dreams that are similar.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

13. Exhaustion. I am so tired. It is difficult even to get out of bed in the morning. I feel physically weak and emotionally drained.

| | | | | |
|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

14. Interests. I feel a sense of helplessness, hopelessness. I don't enjoy doing the things I used to enjoy.

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|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

15. Self-Confidence. I don't have the confidence I used to have. I don't feel good about myself: the way I am, the way I look or the way I feel.

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|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

16. Communication. I have trouble expressing my feelings to others. I sometimes even say things that I don't mean, or don't understand why I said them.

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|----------|----------|-----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

