Grief Questionnaire
A Screening tool for Complicated Grief

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

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

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

4. Are there things you used to do when _______ was alive that you do not 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?

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?

*Each question is rated as: 0 = Not at all, 1 = Somewhat, or 2 = A lot

A score of 5 or more suggests complicated grief may be present and additional evaluation is indicated.*