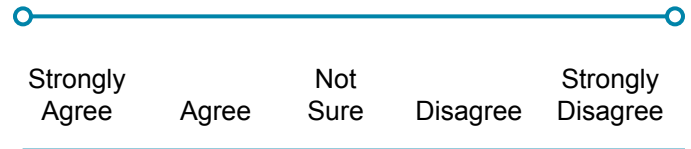


Name _____

Date _____

GRIEF SPECTRUM-1

Please respond to the statements below with the appropriate response to the right.



	SA	A	NS	D	SD
1. I think I know what grief is					
2. I have a sense of loss about one or more things and I feel very sad about losing them					
3. Sometimes I feel so much grief I can barely stand it					
4. I have a sense of loss and sadness about things but I just don't know where it comes from					
5. I have a sense of loss or sadness about one or more things but it also involves other feelings like guilt, anger, anxiety or confusion					
6. I would like to "strip away" these other emotions because I think that would make it easier to deal with my grief					
7. There are situations in my life where I know what I am grieving, but the event or loss feels incomplete or uncertain					
8. I know where my grief comes from but I don't know what to do about it					
9. I think I know what to do about my grief, but I find it hard to take the required actions					
10. I find it very hard to think about the things that cause my grief—it's just so painful					
11. I find it very hard to talk about my grief with other people					
12. I feel like if I was supported I could have a really good cry and release some of my grief					
13. I could probably handle my grief if I took on just a little bit at time					
14. I feel like I am in a state of readiness to process things that I am grieving					