Brief Grief Questionnaire

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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.