

## Complicated Grief Quiz

1. **Do you experience intense sorrow and emotional pain many months after the loss?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
2. **Is it difficult to focus on anything other than your lost loved one?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
3. **Do you take measures to avoid anything that reminds you of the person you lost?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
4. **Do you have trouble accepting the death of your love one?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
5. **Do you feel numb or detached from other people or activities you once enjoyed?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
6. **Do you feel that life is meaningless and most activities have no purpose?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
7. **Do you become easily irritable or agitated?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
8. **Do you struggle with the belief that you could have prevented your loved one's death?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often
9. **Do you struggle to maintain a routine or engage in social activities after the loss?**
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very Often