**Brief Grief Questionnaire**

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, or 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 4 or more suggests an individual may have complicated grief.
(M.K. Shear, personal communication, January 2014).
Refer the individual to a grief specialist for further evaluation.

*Developed by M. Katherine Shear MD and Susan Essock PhD. Included with permission.*