



40 QUESTIONS FOR GRIEF SELF-ASSESSMENT

These 40 questions are designed to prompt self-reflection and awareness for individuals who may be struggling with grief. By downloading this PDF, you will be able to check all those that apply. This list of questions is intended as a tool for gauging the impact of grief on various aspects of your life and identifying areas where support or intervention may be needed. There are no right or wrong answers, and no number of “yes” responses indicate a “need” for relief or intervention. If your answers to these questions prompt a belief that your life would be better served by addressing your grief, please consider a Hope and Healing Grief meeting where you may freely and confidentially share with others your experience of grief and your feelings about it. Professional counseling for one-on-one support is also something to be considered.

1. Are you preoccupied with thoughts of grief? ☐
2. Do you feel a sense of emptiness or numbness resulting from grief? ☐
3. Have you experienced difficulty in moving on from a loss? ☐
4. Do you frequently seek reminders of your loss? ☐
5. Do you avoid others who seem happy or carefree? ☐
6. Do you feel no one can relate to your grief? ☐
7. Have you neglected responsibilities or relationships due to your grief? ☐
8. Have you experienced difficulty in maintaining relationships due to your grief? ☐
9. Do you use substances (such as alcohol or drugs) or unhealthy activities to cope with your grief? ☐
10. Have you found yourself avoiding situations or people that remind you of your loss? ☐
11. Do you try to recreate what has been lost, even if it isn't good for you or others? ☐
12. Do you find yourself reliving past losses or dwelling on what might have been? ☐
13. Have you experienced physical symptoms (headaches, fatigue, etc.) as a result of your grief? ☐
14. Does your grief prompt you to regularly seek validation or sympathy from others? ☐
15. Does your grief seem permanent? ☐
16. Has your grief become a focus in your life to the extent that it overshadows other aspects? ☐
17. Do you hide your grief? ☐
18. Have you experienced difficulty in concentrating or making decisions due to your grief? ☐
19. Do you feel like your grief has become a barrier to personal growth or happiness? ☐
20. Have you experienced a loss of interest in activities or hobbies that you once enjoyed? ☐
21. Has your sense of humor changed or vanished? ☐
22. Do you feel a sense of hopelessness or despair that you can't seem to shake off? ☐
23. Have you experienced changes in appetite or sleep patterns as a result of your grief? ☐
24. Have you stopped sharing your grief because you feel others don't want to hear about it? ☐
25. Have you experienced conflicts with friends or family members due to your grief? ☐
26. Do you find it difficult to envision a future without the presence of what you have lost? ☐
27. Have you experienced a decline in work or academic performance due to your grief? ☐
28. Do you feel like your grief has become a source of identity or comfort for you? ☐
29. Have you experienced intrusive thoughts or memories related to your loss? ☐



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- 30. Have you experienced a loss of interest in planning for the future or setting goals? ☐
- 31. Do you feel like your grief has become a way of avoiding or facing challenges, emotions, or unresolved issues or trauma? ☐
- 32. Do you find yourself comparing your grief to that of others? ☐
- 33. Do you question the validity of your grief? ☐
- 34. Have you experienced difficulties in intimate relationships due to your grief? ☐
- 35. Do you find it difficult to express emotions other than sadness or grief? ☐
- 36. Have you experienced a loss of motivation or purpose in life since your loss? ☐
- 37. Have you experienced difficulties in trusting others since your loss? ☐
- 38. Do you find yourself engaging in excessive rituals or behaviors to commemorate your grief? ☐
- 39. Have you experienced a loss of faith or spiritual connection as a result of your grief? ☐
- 40. Have you experienced thoughts of self-harm or suicide related to your grief? If so, please call 988. Both English and Spanish-speaking people are available 24/7. ☐