

# Inventory of Complicated Grief

## INVENTORY OF COMPLICATED GRIEF

An asterisk (\*) indicates a required field. Please answer the following questions regarding a deceased person in your life.

I think about this person so much that it's hard for me to do things I normally do.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Memories of the person who died upset me.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I cannot accept the death of the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel myself longing for the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel drawn to places and things associated with the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I can't help feeling angry about their death.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel disbelief over what happened.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel stunned or dazed over what happened.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Ever since they died, it is hard for me to trust people.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Ever since they died, I feel like I have lost the ability to care about other people or I feel distant from people I care about.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I have pain in the same area of my body or I have some of the same symptoms as the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I go out of my way to avoid reminders of the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel that life is empty without the person who died.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I hear the voice of the person who died speak to me.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I see the person who died stand before me.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel that it is unfair that I should live when this person died.

---

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel bitter over this person's death.

---

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel envious of others who have not lost someone close.

---

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I feel lonely a great deal of the time ever since they died.

---

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always