

UNDERSTANDING GRIEF

Rate your symptoms below on a scale of 0-3:

0 (none); 1 (mild); 2 (moderate); 3 (severe)

Sadness: Feelings of sorrow and low mood	Symptoms: <input checked="" type="radio"/> Difficulty with daily functioning <input type="radio"/> Feelings of hopelessness <input type="radio"/> Isolation from others	Level (0-3):
Anger: Frustration that is activated in the emotions and body	Symptoms: <input checked="" type="radio"/> Irritability <input type="radio"/> Frustration with God <input type="radio"/> Desire to harm self or others	Level (0-3):
Confusion: Lack of understanding, questions of 'why'	Symptoms: <input checked="" type="radio"/> Struggle completing simple tasks <input type="radio"/> Questioning beliefs/thoughts <input type="radio"/> Loss of identity	Level (0-3):
Numbness: Low activation in the mind, emotions and body	Symptoms: <input checked="" type="radio"/> Distracting yourself from feeling <input type="radio"/> Periods of feeling shut-down <input type="radio"/> Lack of feeling toward others	Level (0-3):
Worry: Fear, anxiety and feelings of dread	Symptoms: <input checked="" type="radio"/> Anxiety about the future <input type="radio"/> Fear of never getting better <input type="radio"/> Feeling totally alone	Level (0-3):

Here are some questions related to each feeling.

Talk about your answers with a trusted friend or counselor.

Sadness:

- How do you cope with sadness when it appears?
- What do you believe about your sadness?
- What do you sense you need when you feel sad?
- Who do you share your sadness with?

Anger:

- How does anger manifest itself?
- In which relationships do you feel safe to express anger?
- Do you express your anger to God? If so, in what ways?
- What do you believe about your anger?

Confusion:

- What kinds of things do you feel confused about?
- When confusion happens, how do you deal with it?
- Who is someone you can talk to when you feel confused?
- What do you believe about your confusion?

Numbness:

- Do you have periods of time that you can't remember?
- What happens in your body when you are numb?
- How do you relieve feelings of numbness?
- Do you notice situations that seem to trigger numbness?

Worry:

- What kinds of things do you worry about?
- What do you believe about your worry? Do you have compassion for yourself in the things that seem scary?
- What helps to diffuse worry?