

## Grief

1. How did the person die? / How did you lose the person?
2. How long has it been since your \_\_\_\_\_ died?
3. What emotions do you feel whenever you think about the loss?
4. Have you been able to accept the loss of the person?
5. How often do you remember the person, in a day, week, or month?
6. Do you feel stuck in your grief in some way, unable to move on, even though it's been quite some time since your loved one's death?
7. Is it beginning to interfere with your relationships, your ability to concentrate or live as you would like to live?

### Shock and numbness:

8. Do you feel you are still in shock about the loss?
  - Do you experience an ongoing sense of numbness or of being isolated from your own self or from others?
  - Are you experiencing only a few of the reactions or emotions that usually come with grief?
  - Are you unable to express your thoughts or feelings about your loved one and his or her death in words or in actions?

### Relationship:

9. How was your relationship with \_\_\_\_\_(Deceased)?
  - Was there some tension in your relationship with \_\_\_\_\_?
  - Was there some unresolved issue between you and him/her?
  - Was your relationship with \_\_\_\_\_ intimate?
  - Do you wish you could have been more close to \_\_\_\_\_?
  - Do you think that \_\_\_\_\_ did not feel loved enough by you?

### Physical responses:

10. Do you experience any physical feelings whenever you are reminded, talk about and think of \_\_\_\_\_ (Deceased)?
11. Do you experience:
  - tight feelings in the throat and chest

- oversensitivity to noise ( head ache or startled feeling while hearing loud noise)
- breathlessness
- weakness and lack of energy in the muscles (fatigue)

12. How is your appetite?

- Do you notice an increase or decrease in it?
- Do you tend to eat more when you feel low or stressed?
- Do you have any comfort food that you indulge in?
- Have you lost or gained reasonable weight lately?

13. Are you facing any difficulty with regard to sleep?

- Do you have any problems in going to sleep?
- Do you find it difficult to wake up in the morning?
- Do you wake up much early in the morning than it is required for you to?
- Do you have a disturbed sleep?
- Do you frequent night mares?

**Denial:**

14. Do you feel you have problems in accepting the person's death?

15. How does the person's room look?

- What happened to all the things that belonged to Your \_\_\_\_\_ (the deceased)?
- Are you still retaining \_\_\_\_\_ things?
- Why are you still retaining your \_\_\_\_\_ (the Deceased) things?
- What does it signify to you?
- What do the things mean to you?
- What would happen if you gave his/her things away?
- How would you feel if their room or things were altered from the way they were before?

16. Do you talk to others about the loss?

- If not, what stops you from talking?
- Are you afraid of talking about the loss?
- Do you try to avoid any conversation about \_\_\_\_\_?
- Do you feel that talking about the loss will somehow confirm that the person is dead, which makes it even more painful to you?
- Do you face difficulty in talking or answering questions about the deceased?
- Why do you feel that way?
- What could you do to help you overcome it?

- How will it help you?

17. Do you experience problems in remembering the deceased?

- Do you remember only certain aspects for your loved one or your relationship together, for example only the good parts as opposed to a more complete and balanced view of him or her?
- Do you think only about the pleasant thoughts of \_\_\_\_\_?
- Do you try to avoid anything that reminds you about \_\_\_\_\_?

18. What grieving emotions have you felt?

19. What grieving emotions have you not let yourself feel?

20. What would happen if you allow yourself to feel them?

21. How would it affect you?

22. What could you do to make it better?

### **Dreams:**

23. Do you have dreams about the person whom you have lost?

- What happens in your dreams?
- What is the plot in your dream/ what usually happens in your dream about the person you have lost?
- How do you see yourself in your dreams?
- What do you feel like in your dreams?
- How does the person come in your dreams?
- Do you have the same dreams repeatedly?

24. Does the loved one return back from the dead?

25. What does he/she do in your dreams?

26. Does he/she talk to you?

27. What does he/she usually say?

28. How do you react to it?

29. Do you have any nightmares?

- If Yes, What are they?
- What part of the dream scares you?
- What triggers the nightmare?
- What is the plot?
- Do your nightmares usually have a plot?

### **Anger:**

30. Do you have any negative emotions such as disappointment, irritability or anger towards the deceased?

- Are you angry that he/she died?
- What do you miss about him/her?
- What don't you miss about him/her?

31. Do you feel irritable, annoyed, intolerant or angry about something?

32. Who are you irritated, annoyed or angry with?

33. Were you ever disappointed with him/her?

34. How did he/she disappoint you?

35. Were you ever hurt by him/her?

36. How did you feel about it?

37. Were you able to overcome the feeling?

38. How do you feel when you think about the event, now?

39. Do you think you have not sorted out a few issues with him/her?

40. Were you ever angry with yourself for letting him/her die?

41. Have you been upset with yourself for not being nice enough with him/her?

42. What do you do when you are angry with yourself?

43. How does it help?

44. How would he/she feel about it?

45. What would he/she tell you?

### **Guilt:**

46. Do you feel guilty over your \_\_\_\_\_'s death?

- Why do you think you experience guilt?
- Do you think \_\_\_\_\_ was not loved enough by you?

47. Do you feel that you have not expressed your feelings to him/her at the right time?

- Do you regret not having expressed your feelings for him/her?
- What were they?
- What would happen if you express them?
- How would \_\_\_\_\_ respond to them?

48. Do you think you did not do enough or try enough to keep \_\_\_\_\_ alive?

- What did you do while \_\_\_\_\_ was suffering?
- What else did you do?

49. What would \_\_\_\_\_ (Deceased) feel about your guilt?

- If you confess you feelings of guilt to \_\_\_\_\_ (Deceased) what will he/she reply?

- How would you feel about your \_\_\_\_\_'s response to your confessions of feeling guilty?
- What will help reduce the guilt that you are feeling?
- How do you think it will help?
- Are you willing to do it?
- How would that make you feel?

### **Anxiety and Helplessness:**

50. Since your loved one died, are you highly anxious most of the time about your own death or the death of someone you love?
51. Whenever it gets late for a friend or a loved one to get home or to get in touch with you, do you feel anxious and afraid that you might lose them to?
52. Do you constantly keep checking on the whereabouts of your friends and family?
53. Do you feel that you are alone? Do you feel that you do not have any support?
54. Are you afraid of becoming close to new people for fear of losing again?
- Does it affect any aspect of your life?
  - What do you think you can do about it?
  - How does that make you feel?
  - What else could you do to feel better?
  - How will it help?

### **Depression:**

55. Do you think your life has lost meaning without \_\_\_\_\_ (Deceased)?
56. Do you feel you are more than just sad and down?
57. Do you feel you have lost interest in activities or hobbies that once interested you?
58. Do you neglect self-care and hygiene?
59. Have you experienced difficulty concentrating, remembering details and making decisions?
60. Do you feel that your future is uncertain and blurry?
61. Do you experience frequent crying bouts?

### **Actualizing the loss:**

62. Where did the death occur?

63. How did it happen?
64. Who told you?
65. Where were you when you heard it?
66. What was the funeral like?
67. What was said at the service?
68. Do you visit his/her grave?/ Do you perform his/her rites every year?
69. What feelings do you experience when you perform them/ when you visit their grave?
70. Do you experience any physical pain, illness or disturbance during those days?
71. How do you feel during their birthdays, or any special day?

**Overcoming grief:**

72. If you could ask your \_\_\_\_\_'s help in sustaining you, what would she say about you that would let her know you can do it?
73. What else might he/she say?
74. What might he/she most hope you would keep alive about her and about the relationship? Why?
75. Which of their words would you like to keep available to you as you continue in life?
76. In reviewing your life, what interests and activities have been most meaningful? Are there ways that you can re-engage (or stay engaged) with them now?
77. What can you draw on in your relationships and experience to help you through this time?

**Reminiscing:**

78. What will you never forget about \_\_\_\_\_?
79. What did you like most about \_\_\_\_\_?
80. What was unusual or out of character for \_\_\_\_\_?
81. What was the favorite food of \_\_\_\_\_?
82. What was \_\_\_\_\_ favorite song or type of music?
83. What qualities of \_\_\_\_\_ would you like to have?
84. If \_\_\_\_\_ were face to face with you now, what would say or do?