



Complicated Grief Symptoms Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I feel intense sorrow and pain over my loss		
2. I ruminate over my loss		
3. I have a persistent longing for my loss		
4. I have a very difficult time accepting my loss		
5. I experience numbness or detachment		
6. I am bitter about my loss		
7. I cannot enjoy life		
8. I have a hard time trusting others since my loss		
9. I have a difficult time focusing on positive experiences in the past		
10. I feel life isn't worth living because of my loss		
11. I feel like I did something wrong and could have prevented the loss		
12. I experience depression and sadness		
13. I experience guilt and self-blame		
14. I have a difficult time pursuing interests and/or activities		
15. I am preoccupied with the circumstances of my loss		
16. I go out of my way to avoid reminders of my loss		
17. I feel envious of others who have not had a loss		
18. I am lonely a great deal of the time since my loss		
19. I am confused about my role in life		
20. I have a difficult time carrying out duties at work and/or home		