

Death and Grief Assessment

Answer the questions below as they pertain to your life experiences. T=True and F=False. Please wait until you have completed the assessment before you read the scoring key.

1. T/F Death scares me
2. T/F I rarely think about death
3. T/F I am afraid of dying in a painful manner
4. T/F I am troubled about the idea of life, death, and their overall purpose & meaning
5. T/F I rarely go to funerals, even if it is someone close to me who has died
6. T/F I am concerned about a nuclear holocaust
7. T/F We don't talk about death in my family
8. T/F I hate to look at either pictures of dead bodies or real dead bodies
9. T/F When people talk about death, I get real nervous
10. T/F I am concerned with how fast my life appears to be going
11. T/F I am horrified to fly in an airplane because of the possibility of a crash
12. T/F Life is too short
13. T/F I am afraid of contracting AIDS or some other disease
14. T/F Hospital treatments such as operations scare me
15. T/F Hearing about cancer, heart attacks, and strokes makes me feel uneasy
16. T/F In my family, we experience grief and our deep feelings of loss when someone dies
17. T/F Grief can be felt in death and in other life events
18. T/F Each person grieves in his or her own way
19. T/F Children are capable of grieving
20. T/F The amount of time required for grieving varies from person to person
21. T/F Keeping busy is not the cure for grief
22. T/F Sometimes people grieve even if death has not occurred
23. T/F It is not very wise to tell a grieving person that you know how he or she feel
24. T/F Listening to a grieving person is a healthy form of support
25. T/F Unresolved childhood grieving may resurface later in life
26. T/F When others grieve, it is helpful to provide support in and around the house
27. T/F Religion and culture strongly influence how we grieve
28. T/F Shock and numbness are normal responses for grievers
29. T/F If you feel sad, it is O.K. to express it to those who are grieving
30. T/F Avoiding the grieving person is not a healthy approach

Scoring Key: Give yourself 1 point for each True answer in items 1-15. Also give yourself 1 point for each False answer in items 16-30. The highest score you can earn is 30 points. The lower your score, the healthier your attitude toward, death, dying, and grief will be. If you think your score is too high then you might consider taking a course on death and dying or volunteering for a local hospice. Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?