

Grief and Loss Self-Test

Is it possible that I am suffering from Grief and Loss from a recent event?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. Do you feel you need more support from family and friends?	_____	_____
2. Have you increased your use of alcohol, tobacco, drugs or medication not prescribed to you?	_____	_____
3. Are you using more medication than your prescription calls for?	_____	_____
4. Are you unhappy with your eating or sleeping patterns?	_____	_____
5. Since the death of a loved one, do you feel the intensity of your grief has progressively gotten worse?	_____	_____
6. Are you satisfied with your level of energy towards work, social life, volunteer efforts, housework or participating in hobbies?	_____	_____
7. Since the death of a loved one, are you having financial, health, work or relationship problems?	_____	_____
8. Have you had more than one significant loss in the last year?	_____	_____

Although this, or no self-test, is conclusive, if you answered yes to two or more questions there is a good chance you may be struggling with symptoms of grief and should contact an iTherapyRX counselor or another health care professional.