

Yes answers score sheet				
no	text	I	II	III IV
1	Have you been struggling to accept the loss?	1		
2	Do you often feel overwhelmed with grief?	1		
3	Is it hard to talk about the deceased?	1		
4	Do you find yourself avoiding reminders of the deceased?	1		
5	Do you feel angry about the circumstances of the loss?	1		
6	Do you feel others don't understand your pain?	1		
7	Have you blamed yourself for the loss?	1		
8	Do you bargain mentally (e.g., "If only I had...") about the loss?	1		
9	Do you replay events leading up to the loss frequently?	1		
10	Do you experience prolonged sadness that affects daily life?	1		
11	Have you lost interest in things you used to enjoy?	1		
12	Do you struggle caring for yourself?	1		
13	Do you feel a persistent emptiness since the loss?	1		
14	Have you withdrawn from social activities?	1		
15	Do you find yourself searching for signs from the deceased?	1		
16	Do you often feel hopeless about the future?	1		
17	Do you have trouble sleeping?	1		
18	Do you avoid events associated with the deceased?	1		
19	Do you still expect the deceased to walk through the door sometimes?	1		
20	Have you found new ways to remember the deceased?			1
21	Can you talk about the deceased without becoming sad?			1
22	Have you begun to form new goals or plans for your life?			1
23	Do you find it hard to feel joy even in happy moments?		1	
24	Do you avoid speaking the deceased's name in conversations?		1	
25	Have you felt guilty for things left undone?		1	
26	Do you imagine how life would be if the deceased were still here?		1	
27	Do you feel disconnected from others?		1	
28	Do you believe you should be "over it" by now?		1	
29	Have others told you to move on before you felt ready to do so?		1	
30	Do you sometimes feel anger toward the deceased for leaving?	1		
31	Do you revisit memories, hoping to change the outcome?	1		
32	Have you created new rituals to remember the deceased?	1		
33	Do you find comfort in visiting places the deceased loved?			1
34	Do you struggle with trusting others since the loss?		1	
35	Do you feel the world has lost its meaning?	1		
36	Do you pretend everything is fine?		1	
37	Have you been short-tempered without reason?		1	
38	Do you find yourself bargaining through "what if" thoughts?		1	
39	Do you still expect the deceased to walk through the door?	1		
40	Have you found ways to honour the deceased's memory?			1

41	Do anniversaries and birthdays intensify your grief?	1		
42	Do you think others misunderstand your grief?		1	
43	Do you sometimes talk to the deceased as if the deceased is still here?	1		
44	Have you avoided making major life decisions since the loss?		1	
45	Do you feel others want you to "move on" too soon?		1	
46	Have you picked up any habits you didn't have before?			1
47	Do you still keep the deceased's belongings untouched?		1	
48	Have you found purpose in helping others after your loss?			1
49	Do you fear forgetting the deceased laughter?		1	
50	Do you feel you've grown emotionally through this loss?			1

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