



The Grief Recovery Method®

by The Grief Recovery Institute®

The Grief Recovery Method® Questionnaire

Our time-proven method is based in part on helping grieverers develop a new level of awareness. Part of that process is helping you to better understand all the different life experiences that produce grief.

1	Did you move more than twice before the age of 10?	YES	NO
2	Did you ever have a pet die?	YES	NO
3	Do you have early childhood religious training?	YES	NO
4	Have you experienced a major change in financial conditions (positive or negative)	YES	NO
5	Have you ever quit a job, been fired, or severed?	YES	NO
6	Have you ever been married or divorced?	YES	NO
7	Did you graduate from high school, ...college, ...university?	YES	NO
8	Have you experienced the death of a close family member?	YES	NO
9	Have you experienced the death of a distant family member?	YES	NO
10	Were you physically abused during childhood? ...as an adult?	YES	NO
11	Were you sexually abused during childhood? ...as an adult?	YES	NO
12	Have you (or your partner) ever experienced a miscarriage, stillbirth, or abortion	YES	NO
13	Do you have a strained or painful relationship with a living parent(s), spouse or friend?	YES	NO
14	Have you ever experienced the loss of the use or function of any part of your body	YES	NO
15	Have you ever experienced the death of a spouse?	YES	NO
16	Have you ever experienced the death of a child?	YES	NO
17	Are there long stretches of your childhood that you cannot remember?	YES	NO
18	Have you ever experienced a series of illnesses or accidents?	YES	NO
19	Have you been involved in a long series of unsuccessful relationships?	YES	NO
20	Do you harbor any resentments or ill-feelings toward a deceased parent, spouse, friend or relative?	YES	NO

These questions represent only a partial list of the possible losses we can experience. If you answered YES to any of the questions, there is a strong probability that you have been using a whole host of misinformation to deal with the pain caused by loss. You may have been led to believe that:

- You should bury sad feelings.
- You just need time to get over it.
- You should be strong for others.
- You should keep busy.

Grief is the normal and natural reaction to loss. We grieve for everything. The clichés above may have caused you to cover up your thoughts and feelings. You may have been influenced to believe something was wrong with you or that you were defective for feeling the way that you feel.

The truth is, you've probably been told what you should be doing but you haven't been show how to grieve and complete the losses that have occurred in your life. Consequently, you may have spent, and continue to spend an inordinate amount of time and energy covering up the painful feelings associated with loss.

THIS DOESN'T HAVE TO BE

The Grief Recovery Method® Outreach support programs and one to one sessions offer something different with efficient and effective tools and support to show you HOW to let go and move on.

Go to [All Seasons Coaching](#) to register for a Grief Recovery Method group program or to inquire about one to one sessions with Melody Chardon, a certified Grief Recovery Specialist®.