

## GRIEF QUIZ

- T F All losses are the same.
- T F It takes two months to get over your grief.
- T F All bereaved people grieve in the same way.
- T F Grief always declines over time in a steadily decreasing fashion.
- T F When grief is resolved, it never comes up again.
- T F Family members will always help grievers.
- T F Feeling sorry for yourself is not allowable.
- T F It is better to put painful things out of your mind.
- T F You should not think about your deceased loved one at holidays because it will make you sad.
- T F Bereaved individuals only need to express their feelings and they will resolve their grief.
- T F Expressing feelings that are intense is the same as losing control.
- T F There is no reason to be angry at your deceased loved one.
- T F You should feel only sadness that your loved one has died.
- T F Rituals and funerals are unimportant in helping us deal with life and death.
- T F You and your family will be the same after the death as before your loved one died.
- T F You will have no relationship with your loved one after the death.
- T F The intensity and length of your grief are testimony to your love for the deceased.
- T F There is something wrong with you if you think that part of you has died with your loved one.
- T F If someone has lost a spouse, he or she knows what it is like to lose a child.
- T F If you are a widow, you should grieve like other widows.
- T F Losing someone to sudden death is the same as losing someone to an anticipated death.
- T F You will not be affected much if your parent dies when you are an adult.
- T F It is not important for you to have social support in your grief.
- T F Once your loved one has died, it is better not to focus on him or her, but to put him or her in the past and go on with your life.