



The Grief Recovery Method[®]

by The Grief Recovery Institute[®]

THE GRIEF RECOVERY METHOD QUESTIONNAIRE

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

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|--|-----|-----|----|-----|
| 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. Did 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? | Yes | ___ | No | ___ |
| 6. Have you ever been fired? | Yes | ___ | No | ___ |
| 7. Have you ever been married or divorced? | Yes | ___ | No | ___ |
| 8. Did you graduate from high school?...from college?...from university? | Yes | ___ | No | ___ |
| 9. Have you experienced the death of a close family member? | Yes | ___ | No | ___ |
| 10. Have you experienced the death of a distant family member? | Yes | ___ | No | ___ |
| 11. Were you physically abused during childhood?...as an adult? | Yes | ___ | No | ___ |
| 12. Were you sexually abused during childhood?...as an adult? | Yes | ___ | No | ___ |
| 13. Have you ever been involved with a miscarriage, still birth, or abortion? | Yes | ___ | No | ___ |
| 14. Do you have a strained or painful relationship with a living parent(s), spouse, or friend? | Yes | ___ | No | ___ |
| 15. Do you harbour any resentments or ill-feelings toward a deceased parent(s), friend, or relative? | Yes | ___ | No | ___ |
| 16. Have you ever experienced the loss or the use or function of any part of your body? | Yes | ___ | No | ___ |
| 17. Have you ever experienced the death of a spouse? | Yes | ___ | No | ___ |
| 18. Are there long stretches of your childhood that you cannot remember? | Yes | ___ | No | ___ |
| 19. Have you experienced a series of illness or accidents? | Yes | ___ | No | ___ |
| 20. Have you been involved in long series of unsuccessful relationships? | Yes | ___ | No | ___ |

These questions are only a partial list of the possible **LOSSES** we can experience. If you answered **YES** to ANY of the above questions, there is a strong probability that you were also indoctrinated with a whole host of **MISINFORMAITON** about dealing with the pain caused by loss.



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You may have been led to believe that:

- You have to bury sad feelings
- Time heals all wounds
- You should be strong for others
- You have to keep busy
- It was just God's will

GRIEF is a **NORMAL** and **NATURAL** reaction to loss. We grieve for everything. Yet, the clichés listed above and the hundreds of others not listed may have caused you to COVER up your normal and natural responses to LOSS. Unresolved loss is cumulative and cumulatively negative.

You may have been influenced to believe that there was, something wrong with you, that you were defective. The simple truth is that you may not have much helpful information with which to GRIEVE and COMPELTE the losses that have occurred in our life. Consequently, you may have spent, and continue to spend, and inordinate amount of time and energy covering up the painful feelings associated with loss.

THIS DOES NOT HAVE TO BE!

The Grief Recovery Institute and its Grief Recovery Method: Grief Support Group and One-on-One sessions offer a different and effective solution for you....

For information on programs available in your area, call

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