

12. Self-Assessment of Grief Journey

Level	Description	Statements	X
(1) Urgent/Crisis	Lacks awareness of grief issues; lives an unexamined life.	I am not grieving. I am over it.	<input type="checkbox"/>
		I am angry and don't want to discuss it.	<input type="checkbox"/>
		I can take care of myself and don't need support.	<input type="checkbox"/>
		I refuse to talk about this.	<input type="checkbox"/>
		If I think about my loss it will break me.	<input type="checkbox"/>
		I cannot get out of bed and care for myself or others.	<input type="checkbox"/>
(2) Vulnerable/High-Risk	Has some awareness of grief issues in terms of the grief journey	I am able to function and care for myself and/or others.	<input type="checkbox"/>
		I am angry all the time but able to control outbursts. I do not know why.	<input type="checkbox"/>
		I am unable to share my story.	<input type="checkbox"/>
		I tend to judge and dislike people who haven't suffered a loss like mine.	<input type="checkbox"/>
		I refuse to discuss my person and have gotten rid of all their belongings.	<input type="checkbox"/>
		I cannot conceive a future past this moment in time. I am unable to plan or schedule	<input type="checkbox"/>
(3) Stable	Has examined their grief and is beginning to understand the journey	I am able to deal with my grief and grief bursts when they come.	<input type="checkbox"/>
		I am able to care for myself and others.	<input type="checkbox"/>
		I am able to reflect on good memories and spend less time thinking about how they died.	<input type="checkbox"/>
		I can retell the events in a safe manner and share the story with trusted others.	<input type="checkbox"/>
		I try to rest when I need to and recognize the need for self care.	<input type="checkbox"/>
		I am able to ask others for assistance.	<input type="checkbox"/>

(4) Safe/Secure	Has begun to examine one's grief journey and set an intention to heal.	I've read books and/or attended groups/workshops on grief.	
		I have set an intention to heal and can sit in my grief when it finds me.	
		I am able to empathize with other survivors. I do not need to compete to determine who has the most grief.	
		I understand that grief is the flip side of love and I will always grieve. I have turned presence to memory and memory to presence. My person is always with me.	
		I am learning to engage in my grief with intention and on purpose. I am familiar with the Six Needs of Mourning.	
		I am able to comfort others and share my experience.	
(5) Thriving/Giving Back	Actively seeking to engage grief and find peace on their grief journeys.	I have set an intention to heal and do my grief work to continue to improve.	
		I am able to share memories, look at photos and carry my person with me as I move forward.	
		I am able to plan for the future.	
		While I may not have answers to my "whys", I am at peace with the questions	
		I understand the Six Needs of Mourning and work them.	
		I have purpose and carry my person's legacy forward by living a full life.	

Knowledge of Grief Journey Level				
Urgent/Crisis	Vulnerable/ High-Risk	Stable	Safe/Secure	Thriving/ Giving Back
1	2	3	4	5

Instructions:

1. Put an "X" mark by every statement that is true for you.
2. Circle your level number in the resource-level chart that is below the Self-Assessment of Resources.
3. Write the level number in the Mental Model of Resources bar chart that follows the Self-Assessment.

