

## Jimerson -Youth Common Grief Reaction Checklist - Self Report - PRE

Listed below are a number of grief reactions you may have experienced following your early loss. First, please specify the length of time (duration) these feelings lasted (1="not at all" to 5=feeling lasted for "years"), then, if you did experience the grief reaction, rate the highest level of intensity (1="a little" to 3="extreme").

Name : _____	Duration					Intensity		
	none	days	weeks	months	years	a little	a lot	extreme
1. I've had a loss of appetite.....	①	②	③	④	⑤	①	②	③
2. I've had an increase in appetite.....	①	②	③	④	⑤	①	②	③
3. I've had difficulty falling asleep.....	①	②	③	④	⑤	①	②	③
4. I've had nightmares.....	①	②	③	④	⑤	①	②	③
5. I've had problems with bedwetting.....	①	②	③	④	⑤	①	②	③
6. I've had toileting accidents.....	①	②	③	④	⑤	①	②	③
7. I've had stomachaches.....	①	②	③	④	⑤	①	②	③
8. I've had headaches.....	①	②	③	④	⑤	①	②	③
9. I've had frequent colds/ other physical illnesses.....	①	②	③	④	⑤	①	②	③
10. I've had feelings of being tired/fatigued.....	①	②	③	④	⑤	①	②	③
11. I've been uninterested in activities that usually interest me.....	①	②	③	④	⑤	①	②	③
12. I've been unusually irritable.....	①	②	③	④	⑤	①	②	③
13. I've had feelings of guilt.....	①	②	③	④	⑤	①	②	③
14. I've had mood swings.....	①	②	③	④	⑤	①	②	③
15. I've had suicidal thoughts/behaviors.....	①	②	③	④	⑤	①	②	③
16. I've had panic attacks.....	①	②	③	④	⑤	①	②	③
17. I've noticed improvement in my behavior.....	①	②	③	④	⑤	①	②	③
18. I've noticed my behavior worsening.....	①	②	③	④	⑤	①	②	③
19. I've noticed an increase in activities.....	①	②	③	④	⑤	①	②	③
20. I've noticed a decrease in activities.....	①	②	③	④	⑤	①	②	③
21. I've found myself thinking about the loss.....	①	②	③	④	⑤	①	②	③
22. I've had a shorter attention span.....	①	②	③	④	⑤	①	②	③

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	<u>Duration</u>					<u>Intensity</u>		
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23. I've had short term memory loss	1	2	3	4	5	1	2	3
24. I've found it hard to concentrate	1	2	3	4	5	1	2	3
25. I've been easily distracted	1	2	3	4	5	1	2	3
26. I've been afraid to be away from my caregiver	1	2	3	4	5	1	2	3
27. I've been more anxious	1	2	3	4	5	1	2	3
28. I've withdrawn from my friends and family	1	2	3	4	5	1	2	3
29. I've behaved in an immature manner	1	2	3	4	5	1	2	3
30. I've been aggressive towards others	1	2	3	4	5	1	2	3
31. I've behaved destructively	1	2	3	4	5	1	2	3
32. I behaved without thinking/compulsively	1	2	3	4	5	1	2	3
33. I've thought about stealing	1	2	3	4	5	1	2	3
34. I've increased my independence	1	2	3	4	5	1	2	3
35. I've felt more dependent on others	1	2	3	4	5	1	2	3
36. I've tried to take care of others more (siblings, parents)	1	2	3	4	5	1	2	3
37. I've tried to please people ( be good, act right)	1	2	3	4	5	1	2	3
38. I've felt depressed.	1	2	3	4	5	1	2	3
39. I've been more hyperactive.	1	2	3	4	5	1	2	3
40. I've abused alcohol or drugs.	1	2	3	4	5	1	2	3
41. My grades in school have improved	1	2	3	4	5	1	2	3
42. My behavior in school has improved	1	2	3	4	5	1	2	3
43. My grades in school have dropped	1	2	3	4	5	1	2	3
44. I've had behavior problems in school	1	2	3	4	5	1	2	3

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45. I've been concerned about my own/ others safety	①	②	③	④	⑤	①	②	③
46. I've reenacted the traumatic event	①	②	③	④	⑤	①	②	③
47. I've found it hard to stay awake	①	②	③	④	⑤	①	②	③
48. I've behaved more impulsively	①	②	③	④	⑤	①	②	③
49. I've had negative thoughts about my future	①	②	③	④	⑤	①	②	③
50. I've feared being rejected from my peers	①	②	③	④	⑤	①	②	③
51. I've had fears about an early death	①	②	③	④	⑤	①	②	③
52. I've had flashbacks about the death	①	②	③	④	⑤	①	②	③
53. I've been sick to my stomach	①	②	③	④	⑤	①	②	③
54. I've avoided things that reminded me of the event	①	②	③	④	⑤	①	②	③
55. I've had diarrhea	①	②	③	④	⑤	①	②	③
56. I've had repeated distressing dreams	①	②	③	④	⑤	①	②	③
57. I've had trouble breathing	①	②	③	④	⑤	①	②	③
58. I've had trouble remembering parts of the event	①	②	③	④	⑤	①	②	③
59. I've been crying easily	①	②	③	④	⑤	①	②	③
60. I've been acting like the person who passed away	①	②	③	④	⑤	①	②	③
61. I've been startled easily	①	②	③	④	⑤	①	②	③
62. I've had trembles or shakes	①	②	③	④	⑤	①	②	③
63. I've been eating too much	①	②	③	④	⑤	①	②	③
64. I haven't been eating enough	①	②	③	④	⑤	①	②	③
65. I can't stop thinking about how the death happened	①	②	③	④	⑤	①	②	③
66. I've been taking more risks	①	②	③	④	⑤	①	②	③

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67. I've had a loss of interest in everyday events	1	2	3	4	5	1	2	3
68. I've felt anxious/fearful about the future	1	2	3	4	5	1	2	3
69. I've thought about what I might have done to prevent the death	1	2	3	4	5	1	2	3
70. I've had a strong desire to be with/near the person who passed away	1	2	3	4	5	1	2	3
71. I've been feeling guilty for being alive	1	2	3	4	5	1	2	3
72. I've not accepted the fact that the death happened	1	2	3	4	5	1	2	3
73. I've thought about the person who passed away even when I don't want to	1	2	3	4	5	1	2	3
74. I've thought about the death when I play/hang out w/friends	1	2	3	4	5	1	2	3
75. I've tried not to cry when I've thought about the person who passed away	1	2	3	4	5	1	2	3
76. I've thought it was unfair that the special person passed away	1	2	3	4	5	1	2	3
77. I've found it hard to get along with some people after the death	1	2	3	4	5	1	2	3
78. I've been unable to accept the death	1	2	3	4	5	1	2	3
79. I've felt denial	1	2	3	4	5	1	2	3
80. I've felt anger	1	2	3	4	5	1	2	3
81. I've felt sadness	1	2	3	4	5	1	2	3
82. I've felt confused	1	2	3	4	5	1	2	3
83. I've felt anxiety	1	2	3	4	5	1	2	3
84. I've felt isolated	1	2	3	4	5	1	2	3
85. I've felt destructive	1	2	3	4	5	1	2	3
86. I've felt lonely	1	2	3	4	5	1	2	3

Additional reactions since the loss: (Please specify)

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