

Jimerson - Loss Outcomes Checklist - PRE

Listed below are several common outcomes following the death of a close or special person. Please identify each of the outcomes you have experienced. (Fill all circles that apply)

Following the loss, I have:

- 1 A deeper appreciation of life
- 2 I no longer fear death
- 3 Examined my religion more closely
- 4 Greater caring for loved ones
- 5 I thought I would not live to be old
- 6 A deeper appreciation of life
- 7 Questioned the fairness of life
- 8 Strengthened emotional bonds with others
- 9 Considered killing myself
- 10 Developed emotional strength
- 11 Been more pessimistic about the future
- 12 An increased awareness that death teaches us about life
- 13 Engaged in more reckless behavior
- 14 Better communication skills
- 15 Isolated myself socially and emotionally
- 16 Enhanced problem solving skills
- 17 Not stopped thinking about death
- 18 Put priorities in different order
- 19 Had difficulty making important decisions
- 20 Increased empathy for others
- 21 Experienced a constant fear of death
- 22 I learned more about other's reactions to death
- 23 Had no positive outcomes from the early loss
- 24 A greater understanding that death is a natural part of life
- 25 Other (Please specify) _____
- 26 Other (Please specify) _____
- 27 Other (Please specify) _____
- 28 Other (Please specify) _____
- 29 Other (Please specify) _____

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