



Personal Inventory with Death Experiences

_____ I do not know anyone who has died.

_____ I have not had anyone close to me die.

_____ When I know someone is grieving I avoid them.

_____ I am afraid of wakes, funerals, memorials based on previous experiences.

_____ After someone important to me died, I was not allowed to talk about them.

_____ No crying was allowed after someone important to me died.

_____ I am comfortable reaching out to those who have just had a death in the family.

_____ I can tell you how I express sadness.

_____ I can tell you how I express anger.

_____ When I am upset I can't sleep. When I am upset I only want to sleep.

_____ Under distress I eat too much. Under distress, I can't eat.

_____ I am uncomfortable around people who are upset, sad or crying.

_____ When I know someone is grieving I can express my sympathies but mostly with platitudes.

_____ I like listening to others and being a comforting presence with someone who is mourning.