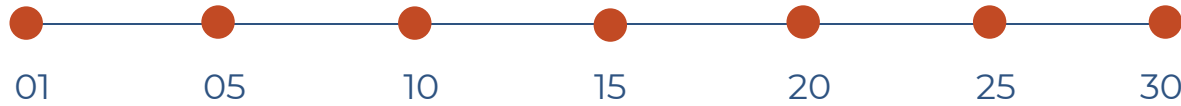


# Grief Assessment



How many types of grief have you experienced in your lifetime? Check each one that applies to you, add up your total and mark it on the scale below.



- |  |  |
|--|--|
| <input type="checkbox"/> Failed a grade in school                          | <input type="checkbox"/> Suffered a miscarriage / infertility                              |
| <input type="checkbox"/> Lost a friendship                                 | <input type="checkbox"/> Diagnosed with life-threatening disease                           |
| <input type="checkbox"/> Broke up with 1st person you ever loved           | <input type="checkbox"/> Suffer(ed) mental health challenges                               |
| <input type="checkbox"/> Didn't get into 1st choice for college/university | <input type="checkbox"/> Supported close friend/family member through trauma/health crisis |
| <input type="checkbox"/> Flunked out/dropped out of college/university     | <input type="checkbox"/> Been sexually assaulted   |
| <input type="checkbox"/> Fired from a job                                  | <input type="checkbox"/> Victim of domestic violence/abuse                                 |
| <input type="checkbox"/> Quit a job  | <input type="checkbox"/> Divorced / Separated  |
| <input type="checkbox"/> Missed out on a promotion                         | <input type="checkbox"/> House burned down / lost house                                    |
| <input type="checkbox"/> Lost a business                                   | <input type="checkbox"/> Close friend died   |
| <input type="checkbox"/> Declared Bankruptcy                               | <input type="checkbox"/> Extended family member died (uncle, aunt, cousin, niece, nephew)  |
| <input type="checkbox"/> Business Partner left company                     | <input type="checkbox"/> Grandparent Died  |
| <input type="checkbox"/> Best friend moved away / lost touch               | <input type="checkbox"/> Parent Died   |
| <input type="checkbox"/> Closest colleague left company or was promoted    | <input type="checkbox"/> Sibling Died  |
| <input type="checkbox"/> Pet Died  | <input type="checkbox"/> Spouse / Partner Died   |
| <input type="checkbox"/> Partner cheated on you                            | <input type="checkbox"/> Child Died  |

*"You can't truly heal from a loss until you allow  
yourself to really feel the loss"*

- Mandy Hale -

Every time you experience a grief event, it needs to be acknowledged and felt. If it isn't, its impact on you builds upon all previous grief events, compounding one on top of another and building up inside of you like a pressure-cooker. This unexpressed grief may start to show up in your life as depression, anxiety, insomnia, poor decision-making, short-temperedness, and emotional outbursts, to name just a few. These outward behaviours of grief mask the grief itself and make it even harder to identify. The overall impact on your life can be huge, causing loss of relationships, careers, friendships, and your sense of self-worth.

How many of the grief events that you checked off on the previous page were you actually aware caused grief? Were there additional grief events that have happened in your life that weren't included in the list (the list is by no means exhaustive)? And how many of these have you allowed yourself to grieve?

Knowing how many grief events you have experienced is an important step in starting the healing process and being able to move forward.

Now that you are aware, the next step is to start acknowledging the grief you have experienced and allow yourself to truly feel the emotions attached to each event. Through this process, you will start to release some of the emotional pressure from your internal pressure-cooker and you will begin to heal.

If you are scared or nervous about this process, I get it - it's normal. Feeling the hard feelings is super hard and takes courage. If you are ready to release these feelings, take back control of your emotions, and start moving forward in healing your grief events, I am here to support you so that you do not need to do it alone.

I invite you to email me at: [margaret@evolvcoaching.com](mailto:margaret@evolvcoaching.com)

SCAN the QR code to book a Complimentary  
Session to review your results



No pressure. No expectations.

Let's review your results and see what next steps are best for you.

I've got you!

*Margaret xo*

