

# ***Inventory of Complicated Grief (ICG)***

please tick the boxes that best describe how you feel, where ***never*** is taken to mean less than once monthly, ***rarely*** means more than once monthly but less than once weekly, ***sometimes*** more than weekly but less than daily, ***often*** about daily, & ***always*** means more than once daily:

		<b><i>0: never</i></b>	<b><i>1: rarely</i></b>	<b><i>2: some times</i></b>	<b><i>3: often</i></b>	<b><i>4: always</i></b>
<b>1</b>	I think about this person so much that it's hard for me to do the things I normally do					
<b>2</b>	memories of the person who died upset me					
<b>3</b>	I cannot accept the death of the person who died					
<b>4</b>	I feel myself longing for the person who died					
<b>5</b>	I feel drawn to places and things associated with the person who died					
<b>6</b>	I can't help feeling angry about his/her death					
<b>7</b>	I feel disbelief over what happened					
<b>8</b>	I feel stunned or dazed over what happened					
<b>9</b>	ever since s/he died it is hard for me to trust people					
<b>10</b>	ever since s/he died I feel like I have lost the ability to care about other people or I feel distant from people I care about					
<b>11</b>	I have pain in the same area of my body or I have some of the same symptoms as the person who died					
<b>12</b>	I go out of my way to avoid reminders of the person who died					
<b>13</b>	I feel that life is empty without the person who died					
<b>14</b>	I hear the voice of the person who died speak to me					
<b>15</b>	I see the person who died stand before me					
<b>16</b>	I feel that it is unfair that I should live when this person died					
<b>17</b>	I feel bitter over this person's death					
<b>18</b>	I feel envious of others who have not lost someone close					
<b>19</b>	I feel lonely a great deal of the time ever since s/he died					
	<b><i>scoring:</i></b>					

***total score =***