The Grief Project Survey

1. Who was the person who died, and what was your connection to them?
2. What age were you then, and what age are you now?
3. Tell me about your relationship with the person in as much detail as possible.
4. How did you find out that the person died? What was your initial reaction? Was the death expected or unexpected? Where were you when you found out?
5. If you were with the person at death, please tell me about that experience.
6. What surprised you the most in the first few days or weeks of your loss?
7. Please describe the physical and emotional symptoms of grief you experienced. What coping skills did you find yourself using? (healthy and unhealthy)
8. How did your loss change your perspective on life? On death? On beliefs regarding the afterlife?
9. Did you seek professional counseling? If so, what was that like for you? If it helped, what did you find helpful?
10. Did you attend the funeral or memorial service? If not, why not? If so, was it meaningful for you? If you planned the service, please tell me what that part of the process was like for you emotionally.
11. What was the most difficult part of the grief process for you?
12. Approximately how long was it before you felt like you were functioning somewhat normal again? Describe how you knew you were coming out of the grief fog.
13. Who was the most supportive person(s), and what did that look like?
14. If your loss created some fears in you, describe those for me.
15. What internal messages did you have to work out? Were you surprised at anything?
16. Please describe how your life has changed, if at all since that person died.
17. What adjustments have you had to make to move forward?
18. What were helpful and not helpful things people said and did?
19. How have you changed since you experienced your grief?
20. If your faith played a part in your grieving process, tell me about that.
21. What would you like others to know if they are comforting someone that has suffered a loss?
22. What would you like to say to readers of this book to encourage them?