

Loss and Grief Quiz

True or false statements (please circle)

1. You can only grieve a death	True/False
2. Grief is normal	True/False
3. Grief has an end point	True/False
4. The pain from grief will go away faster if you ignore it	True/False
5. If you are not crying then you are not grieving	True/False

Quiz Answers

1. You can only grieve a death	False There are many kinds of losses that can result in grieving.
2. Grief is normal	True Grief is a normal response and reaction to a loss that we have experienced. We all go through it.
2. Grief has an end point	False We are often made to feel that we should have reached the end of our grief after a period of time. When we lose something of value to us and we loved the grief will be with us forever. It may feel different or become more manageable but it will always be there and that is ok.
3. Talking about grief will only make it worse	False Not talking about how we are feeling can have negative consequences on our mental health and wellbeing and can lead to problems with anxiety and depression
4. The pain from grief will go away faster if you ignore it	False Ignoring your pain or trying to keep it from surfacing will only make it worse in the long run. We need to face our grief and actively deal with it.
5. If you are not crying then you are not grieving	False People grieve in different ways, there is no right way to grieve