

What type of griever are you today?

Circle one answer that applies to you most right now



When someone asks you how you are doing what would you most likely say?

1. Tell them your woes.
2. "I am staying busy doing...."
3. "I'm not really sure, hanging in there."
4. Cry and say something like... "It sucks, I feel...." then later write a post in social media.



When someone asks you how you grieve, what would you say?

1. I Look for people I can talk to.
2. I do something to move my body and get my emotions out (running, exercise, hiking, walking, biking, crafting, art).
3. I write in my journal, look at photos, or cry for a bit alone.
4. I write in social media, yell in a pillow, stomp around, or talk out loud to myself.



When you are alone in grief, what do you find yourself doing?

1. Yearning to interact with someone.
2. Doing something to keep your mind busy.
3. Daydreaming, thinking, crying to self.
4. Yelling, throwing stuff, stomping, wandering around.



When someone says, "at least you...(got to hold them, know where they are, got to see their face, had them for a little while)."

1. Want to explain why that is hurtful.
2. Want to run away or slap them.
3. Say something like, "yeah," and write or think it over later.
4. Want to scream, cry, or say, "It's unfair.... Why..."

Answer Key: Which number did you circle most?



1. Social: talk, want to talk, look for people you can interact with, reach out, interact and ask questions on social media.
2. Active: activities, running, hiking, biking, exercise.
3. Internal: think, write in journal, daydream, create, cry to self.
4. External: cry outwardly through the day, yell, throw stuff, stomp, write on social media, do something creative.