Grief and Grieving

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1. “The state or fact of being deprived on something” describes:
2. Grief
3. Mourning
4. Loss
5. Bereavement
6. True or False: Bereavement may take place with or without grief.
7. The following stages are part of whose model of grieving: Shock and numbness; Yearning and searching; Disorientation and disorganization; Reorganization and resolution.
8. Kubler-Ross
9. Bowlby
10. Worden
11. Matheson
12. True or False: According to Bowlby, grieving process in typically predictable and follows an orderly progression.
13. Identify the stage missing from the following model of the stages of grief: Denial, Anger, \_\_\_\_\_, Depression, Acceptance.
14. Regression
15. Isolation
16. Fear
17. Bargaining
18. To whom is the above model attributed?
19. Kubler-Ross
20. Bowlby
21. Worden
22. Matheson
23. All the following may be considered unhelpful responses to someone who is grieving EXCEPT:
24. “You shouldn’t feel that way.”
25. “I know just how you feel.”
26. “Don’t cry.”
27. “I’m sorry for your loss.”
28. A person who grieves intensely, with considerable crying and lamenting, leading to physical exhaustion might be labeled as what type of griever?
29. Intuitive
30. Instrumental
31. Insightful
32. Introspective