

Grief and Grieving
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1. "The state or fact of being deprived on something" describes:
 - a) Grief
 - b) Mourning
 - c) Loss
 - d) Bereavement

2. True or False: Bereavement may take place with or without grief.

3. The following stages are part of whose model of grieving: Shock and numbness; Yearning and searching; Disorientation and disorganization; Reorganization and resolution.
 - a) Kubler-Ross
 - b) Bowlby
 - c) Worden
 - d) Matheson

4. True or False: According to Bowlby, grieving process is typically predictable and follows an orderly progression.

5. Identify the stage missing from the following model of the stages of grief: Denial, Anger, _____, Depression, Acceptance.
 - a) Regression
 - b) Isolation
 - c) Fear
 - d) Bargaining

6. To whom is the above model attributed?
 - a) Kubler-Ross
 - b) Bowlby
 - c) Worden
 - d) Matheson

7. All the following may be considered unhelpful responses to someone who is grieving EXCEPT:
- a) "You shouldn't feel that way."
 - b) "I know just how you feel."
 - c) "Don't cry."
 - d) "I'm sorry for your loss."
8. A person who grieves intensely, with considerable crying and lamenting, leading to physical exhaustion might be labeled as what type of griever?
- a) Intuitive
 - b) Instrumental
 - c) Insightful
 - d) Introspective