

Grief Knowledge Assessment Worksheet

Instructions:

Complete the Worksheet: Take your time to answer each section thoughtfully and honestly.

Share with a Counselor or Coach: Provide this worksheet to your counselor or coach to help them understand your background and provide tailored support.

This detailed worksheet will help individuals and counselors alike to gain a deeper understanding of the individual's knowledge and experience with grief, allowing for more effective guidance and support in their healing journey.

Grief Knowledge Assessment Worksheet

Purpose: This worksheet is designed to help individuals assess their understanding of grief, how they learned about it, any formal training they have received, and their experiences in supporting and comforting grievers. This information can be used by counselors or coaches to provide appropriate guidance and support.

Section 1: Understanding of Grief

Describe your personal understanding of grief. What does it mean to you?

How would you define grief in your own words?

List any common symptoms or signs of grief that you are aware of.

What do you believe are the stages of grief, if any?

Section 2: Sources of Knowledge

How did you learn about grief? (e.g., personal experience, books, courses, conversations)

Name any books, articles, or resources you have read on grief.

Have you attended any workshops, seminars, or courses on grief? If so, please describe.

Describe any personal experiences with grief that have shaped your understanding.

Section 3: Formal Training

Have you received any formal training related to grief? (e.g., counseling, psychology courses)

Yes / No

If yes, please describe the training:

Are you certified or have any qualifications in areas related to grief counseling?

Yes / No

If yes, please list your certifications/qualifications:

Section 4: Supporting and Comforting Grievers

Describe any experiences you have had in supporting someone who is grieving.

What approaches or strategies have you used to comfort someone who has experienced grief and loss and is grieving?

List any resources or referrals you have provided to grievers.

Reflect on a specific instance where you felt you were able to provide effective support to a griever. Describe the situation and your actions.

What challenges have you faced when supporting someone who is grieving?

What are things you have said to someone who has experienced a loss?

Section 5: Reflection and Goals

Reflect on your current knowledge of grief. What areas do you feel confident in?

Identify any gaps in your knowledge about grief that you would like to address.

What are your goals for improving your understanding and support of grievers?

What steps will you take to achieve these goals?

Additional Information

Is there anything specific you want to learn about your grief journey, questions or comments?
