



RONDA BONFANTI
Certified Grief Recovery Specialist®
The Grief Recovery Method®

COVID-19 Loss Questionnaire

Have you experienced any of the following?

Has your employment been affected?	Yes	No
Has your family's income been affected?	Yes	No
Has the diminished food and products supply affected you?	Yes	No
Are you feeling more stress, anxiety or depression?	Yes	No
Do you have elderly or medically compromised loved ones you can't visit?	Yes	No
Have you had to postpone medical care or a procedure?	Yes	No
Are you missing spending time with family and friends?	Yes	No
Are your relationships at home being affected?	Yes	No
Did you have to cancel travel plans?	Yes	No
Did your health club or fitness facility close?	Yes	No
Do you play sports that you can no longer engage in?	Yes	No
Did your place of worship close?	Yes	No
Have your pets been affected?	Yes	No
Have your retirement plans been altered?	Yes	No
Has your wedding been cancelled or postponed?	Yes	No
Has a wedding you were taking part in or attending been cancelled?	Yes	No
Are you a new parent or did you have plans to start/expand your family?	Yes	No
Have you had to alter your birth plan?	Yes	No
Have you had to postpone fertility treatment?	Yes	No
Were you affected by school closings?	Yes	No
Did you miss out on a scheduled school event?	Yes	No
Was your high school or college graduation cancelled?	Yes	No
Do you work in an industry with a high risk of COVID-19 exposure?	Yes	No
Does someone you love work in a high-risk industry?	Yes	No
Have your beliefs in your government changed?	Yes	No
Were you affected by the postponement of 2020 Summer Olympics?	Yes	No
Did anyone you know contract COVID-19?	Yes	No
Have you experienced the death of anyone close to you?	Yes	No
Have your hopes and dreams for your future diminished?	Yes	No

This is only a partial list of possible LOSSES you may have experienced during the COVID-19 pandemic. If you answered YES to some of these questions, there is a strong possibility you are coping with unresolved loss and emotional pain. The simple truth is we all need help GRIEVING and completing the losses that are occurring in our lives. The Grief Recovery Method® is an evidence-based program that teaches the correct tools to move beyond the pain of loss in a healthy way. Taking these actions now provides optimal emotional wellness today and ensures unhealthy and destructive behaviors do not remain or resurface.