

LIFE QUALITY INVENTORY CHECK

Grief can have a dramatic effect on our physical, emotional and spiritual systems. It can be difficult to bring these systems into balance, particularly so if we aren't fully clear about ourselves.

This inventory is worthless unless you are completely honest with yourself. You don't need to share your answers with anyone, so please be totally honest with yourself. This will help you clarify where you are and help you to establish goals for changes you may want to bring about. These questions also make excellent prompts for the confidential journal writing. Once you're clear on these topics, you may choose whether it will be helpful or appropriate for you to share portions with anyone else.

EATING PATTERNS:

- Only eat when hungry
- Eat to a schedule
- Eat sit down meals
- Eat on the fly
- Balanced meals
- Snack Food
- Binge
- Binge & purge
- Eat for comfort whether or not hungry

WEIGHT:

- _____ How much do I weigh?
- _____ How much did I weigh a year ago?
- _____ How much did I weigh 5 years ago?
- _____ What is my ideal weight?
- _____ Am I gaining or losing weight?
- _____ Do I want that to happen?

SLEEP:

- Am I able to go to sleep easily?
- Do I wake up much at night?
- I've had a change in sleeping patterns
- It's hard to get out of bed

TEARS:

- Is it easy or hard to cry?
- When I start crying, I can't stop
- Crying gives me relief
- I can cry in front of others
- I can't cry in front of others
- I can cry only with someone I know well
- I burst out crying sometimes
- I'm embarrassed when I cry
- I never know when I'll cry

ANGER:

- I never show my anger
- I can't contain my anger
- My anger spills over to others
- This bothers me or I'm okay with it
- When I'm angry, I let it out
- How do I let my anger out?
- I bear grudges and it's hard to forgive

GUILT:

- I feel guilty about _____
- I can talk freely about these feelings
- I've never told anyone these feelings
- I experience remorse at times
- I find talking about my feelings helps

SEXUAL FEELINGS:

I have sexual feelings:

- Often
- Sometimes
- never have any sexual feelings

When I have such feelings

- I've gone with them
- repressed them
- I miss my former sexual activity to what degree _____?

SPIRITUALLY:

I feel this way about my spiritual nature:

- Content
- Disturbed
- neutral
- My spirituality and my religion are merged
- My spirituality and religion are two separate dimensions for me
- I am at peace with myself
- I am in inner turmoil about my relationship with the universe

DREAMS:

I dream:

- frequently
- Occasionally
- Never

I remember my dreams :

- Always
- Sometimes
- Never

My dreams are mostly:

- pleasant
- unpleasant
- nightmares
- nightmares with physical effects
- I keep having the same dream

ANXIETY / PANIC:

I get panic attacks:

- Often
- Occasionally
- Never

They last for:

- Days
- Hours
- Just moments
- I can get them under control
- They are uncontrollable

FEARS:

My greatest fear right now is _____

_____.

CALM SCENE:

When I am calm, my visualization is _____

_____.

SHARING:

- I am aware of those parts of myself I am willing to share, and why
- I am aware of those parts of myself I am not willing to share, and why