

## Inventory of Complicated Spiritual Grief—2.0 (ICSG 2.0)

Important points to read before completing this questionnaire:

Indicate for each of the statements below the degree to which this change occurred in your life as a result of your crisis, using the following scale. Write the answer / number in the non-shaded box.

- During bereavement, many people experience struggles, concerns, or doubts regarding spiritual or religious issues.
- The purpose of this scale is to understand how you have been coping spiritually since your loss.
- On the list of items below there are no right or wrong answers. The best answer is the one that most accurately reflects your experience. If a statement does not apply to you or your situation, simply mark N/A (not applicable).
- When items refer to your “spiritual community,” please allow that to represent whatever spiritual community means to you. It’s meant to include all spiritually inclined individuals in your social network, for instance, fellow believers, members of your church, spiritually like-minded friends or family, etc.
- Please read each statement with the loss you are currently grieving in mind.
- We want you to respond based on how you actually feel, not how you believe you should feel.
- Please think about your loss of \_\_\_\_\_, and then read each statement carefully.
- Choose the answer that best describes how you have been feeling about your loss during the past month including today.

	Not at all true/ NA	A little true	Somewhat true	Mostly true	Very definitely true	Copy the number of your answers to the box at right.		
1. People in my spiritual community don’t want me to express my grief much or at all.	0	1	2	3	4			
2. I feel it is unfair that God took [LOVED ONE].	0	1	2	3	4			
3. My spiritual community appears to care more about their own comfort than my pain.	0	1	2	3	4			
4. I struggle with accepting how a good God allows bad things to happen.	0	1	2	3	4			
5. My spiritual community places unrealistic expectations on my grieving process (e.g. suggesting I should "get over it").	0	1	2	3	4			
6. I feel angry at God.	0	1	2	3	4			
7. My grief responses often contradict my spiritual community’s spiritual beliefs.	0	1	2	3	4			
8. I sometimes feel disappointed by God.	0	1	2	3	4			
9. I find that spiritual/religious activities (e.g. prayer, worship, Bible reading) are no longer fulfilling.	0	1	2	3	4			
10. People in my spiritual community act as if [LOVED ONE]’s death didn’t happen.	0	1	2	3	4			
11. It is challenging to find a spiritual leader to discuss difficult spiritual issues with.	0	1	2	3	4			
12. I sometimes feel like God is punishing me.	0	1	2	3	4			
13. I’m confused as to why God would let this happen.	0	1	2	3	4			
14. My spiritual community criticizes my anger toward God.	0	1	2	3	4			
15. I am a faithful believer, so I don’t understand why God didn’t protect me.	0	1	2	3	4			
16. My spiritual community thinks I’ve been grieving for too long.	0	1	2	3	4			
Sum each column and place page one subtotals here. →								

17. Since my loss, my spiritual beliefs are overshadowed by the beliefs of my spiritual community.	0	1	2	3	4			
18. Sharing my spiritual struggle with my spiritual community seems to complicate our relationship.	0	1	2	3	4			
19. I sometimes feel abandoned by God.	0	1	2	3	4			
20. My doubts about my spiritual beliefs trouble me.	0	1	2	3	4			
21. I have lost my desire to worship.	0	1	2	3	4			
22. I no longer feel safe and protected by God, knowing that anything can happen to anyone.	0	1	2	3	4			
23. My spiritual community might reject me because of the way that my loss has re-shaped my spiritual beliefs.	0	1	2	3	4			
24. I feel like I have been robbed of the future God had planned for me.	0	1	2	3	4			
25. I go out of my way to avoid spiritual/religious activities (e.g. prayer, worship, Bible reading).	0	1	2	3	4			
26. I have walked away from my faith.	0	1	2	3	4			
27. I find it difficult to pray.	0	1	2	3	4			
28. I have withdrawn from my spiritual community.	0	1	2	3	4			
Sum each column and place page 2 subtotals here. →								

Sum subtotals from each page. →		
Insecurity with God		
Estrangement from Spiritual Community		
Disruption in Religious Practices.		

Sum Three Scores for Total Score →	
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**OPEN-ENDED ITEMS**

If your spiritual struggle has been experienced in ways not covered by the items above, please add your statements below: