

Initial: _____

Date: ____/____/____



— THE CENTER FOR —
COMPLICATED GRIEF

Typical Beliefs Questionnaire (TBQ)

Bereaved people have some typical thoughts and beliefs about their loved one's death and about themselves, others, and the world at large. People differ in how strongly they think or believe these things. Please read each item below and circle the number from 0-4 that indicates how strongly you believe it.

1. This death should not have happened

0	1	2	3	4
Not at all	Somewhat	Moderately	Strongly	Very Strongly

2. You should have done something to prevent the death or make it easier

0	1	2	3	4
Not at all	Somewhat	Moderately	Strongly	Very Strongly

3. Someone else could have prevented this death or made it easier

0	1	2	3	4
Not at all	Somewhat	Moderately	Strongly	Very Strongly

4. The world is filled with unpredictable dangers

0	1	2	3	4
Not at all	Somewhat	Moderately	Strongly	Very Strongly

5. Grief is your main tie to your loved one because it feels like all you have left of them

0	1	2	3	4
Not at all	Somewhat	Moderately	Strongly	Very Strongly