

Initial: _____

Date: ____/____/____



THE CENTER FOR
COMPLICATED GRIEF

Difficult Times Questionnaire (DTQ)

After someone close to us dies, birthdays, anniversaries and holidays can be especially sad or upsetting. Please provide the dates for these special days. Using the scale below, please rate how hard you expect each day to be.

0-----1-----2-----3-----4

Not at all
Upsetting

A little
upsetting

Moderately
upsetting

Severely
upsetting

Very Severely
upsetting

Event	Date				
1. Anniversary of the death	__/__/__	1	2	3	4
2. Birthday of the person who died	__/__/__	1	2	3	4
3. Your birthday	__/__/__	1	2	3	4
4. Other birthdays (please tell us whose it is)	__/__/__	1	2	3	4
a.	__/__/__	1	2	3	4
b.	__/__/__	1	2	3	4
c.	__/__/__	1	2	3	4
5. Wedding anniversary of the person who died	__/__/__	1	2	3	4
6. Holidays (please specify)	__/__/__	1	2	3	4
a.	__/__/__	1	2	3	4
b.	__/__/__	1	2	3	4
c.	__/__/__	1	2	3	4

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If there is any other day you find to be especially hard, please tell us what it is, and rate the difficulty you expect to experience.

0-----1-----2-----3-----4

Not at all A little Moderately Severely Very Severely
Upsetting upsetting upsetting upsetting upsetting

Event	Date				
7. Other (please specify)	_/_/_	1	2	3	4
a.	_/_/_	1	2	3	4
b.	_/_/_	1	2	3	4
c.	_/_/_	1	2	3	4