

Revised Grief Experience Inventory (RGEI)

Below are a series of general statements. You are to indicate how much you agree or disagree with them. Be as honest as possible. Remember, there are no right or wrong answers to these questions.

Read each item and decide quickly how you feel about it; then circle the number of the item that best describes your feelings. Put down your first impressions. Please answer every item.

	agreement			disagreement		
	<u>slight</u>	<u>moderate</u>	<u>strong</u>	<u>strong</u>	<u>moderate</u>	<u>slight</u>
1. I tend to be more irritable with others since the death of my loved one.	1	2	3	4	5	6
2. I frequently experience angry feelings.	1	2	3	4	5	6
3. My arms and legs feel very heavy.	1	2	3	4	5	6
4. I have feelings of guilt because I was spared and the deceased was taken.	1	2	3	4	5	6
5. I feel lost and helpless.	1	2	3	4	5	6
6. I have had frequent headaches since the death.	1	2	3	4	5	6
7. I cry easily.	1	2	3	4	5	6
8. Concentrating on things is difficult.	1	2	3	4	5	6

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	agreement			disagreement		
	slight	moderate	strong	strong	moderate	slight
9. I feel extremely anxious and unsettled.	1	2	3	4	5	6
10. Sometimes I have a strong desire to scream.	1	2	3	4	5	6
11. Life has lost its meaning for me.	1	2	3	4	5	6
12. I am not feeling healthy.	1	2	3	4	5	6
13. I frequently feel depressed.	1	2	3	4	5	6
14. I have the feeling that I am watching myself go through the motions of living.	1	2	3	4	5	6
15. Life seems empty and barren.	1	2	3	4	5	6
16. I have frequent mood changes.	1	2	3	4	5	6
17. Small problems seem overwhelming.	1	2	3	4	5	6
18. I have lost my appetite.	1	2	3	4	5	6
19. I seem to have lost my energy.	1	2	3	4	5	6
20. I seem to have lost my self-confidence.	1	2	3	4	5	6
21. I am usually unhappy.	1	2	3	4	5	6
22. I am awake most of the night.	1	2	3	4	5	6

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