A guided self-reflection tool

Grief Recovery Scorecard

A personal grief check-in: understanding your needs, supports, and next steps.

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The Grief Guide — The Dudley Legacy Group

This scorecard helps you

- ✓ Establish a personal baseline
- ✓ Recognize areas of strength and strain
- ✓ Choose practical next steps and support
- ✓ Track change without judging your grief

Begin with honesty, not judgment

This scorecard is a guided self-reflection tool. It is designed to help you notice where you are today, identify areas that may

need attention, and choose appropriate support. It is not a clinical assessment and does not determine whether you are grieving "correctly."

Rate each statement from 1 to 5 based on your experience during the past two weeks. If your grief changes from day to day, choose the response that best reflects the overall pattern. Answer according to what is true, not what you wish were true or what others expect from you.

1	2	3	4	5
Not true right now	Rarely true	Sometimes true	Often true	Consistently true

Before you score

What loss or change are you currently navigating?

When did this loss or change occur, or when did its impact become clear?

What has changed most because of this loss?

Your total is a snapshot, not a verdict. A lower score is not failure, and a higher score does not mean grief is finished. Use the results

to guide compassionate action.

Score your current experience

Circle or write one rating for each statement. Each section has a possible score of 2–10.

01 Understanding the loss

Clarity can help you name what changed and understand how the loss is affecting you.

I understand the nature and impact of the loss I am experiencing.	○ ○ ○ ○ ○
I can identify and express feelings connected to the loss.	○ ○ ○ ○ ○

02 Emotional regulation

This is not about eliminating emotion. It is about responding to emotion with awareness and support.

I can experience difficult emotions without feeling controlled by them most of the time.	○ ○ ○ ○ ○
I am beginning to experience moments of acceptance, steadiness, or peace.	○ ○ ○ ○ ○

03 Daily functioning

Grief can disrupt routines. This section notices how well daily needs and responsibilities are being supported.

I can manage essential responsibilities at home, work, school, or church. ○ ○ ○ ○ ○

I am caring for basic needs such as sleep, food, hydration, hygiene, and medical care. ○ ○ ○ ○ ○

Page subtotal, domains 1–3: ___ / 30

04 Support and connection

Grief is personal, but it does not have to be carried alone.

I have people who listen, respect my grief, and offer dependable support. ○ ○ ○ ○ ○

I can communicate my needs and boundaries to trusted people. ○ ○ ○ ○ ○

05 Coping practices

Coping practices should provide relief without creating additional harm.

My current coping practices help me express or regulate grief in healthy ways. ○ ○ ○ ○ ○

My coping choices support my physical, emotional, relational, and spiritual well-being. ○ ○ ○ ○ ○

06 Unfinished emotional business

Regrets, apologies, resentment, unmet hopes, or unsaid words can add weight to grief.

I am making progress in acknowledging regrets or unresolved concerns.	○ ○ ○ ○ ○
I have taken healthy steps toward expression, reconciliation, release, or appropriate boundaries.	○ ○ ○ ○ ○

07 Hope and future orientation

Hope does not deny loss. It makes room for the possibility that life can still hold meaning.

I can imagine meaningful possibilities for my future.	○ ○ ○ ○ ○
I can identify at least one positive goal or next step beyond this present moment.	○ ○ ○ ○ ○

Page subtotal, domains 4–7: ___ / 40

Calculate your baseline

Add the two ratings in each domain, then add all seven domain scores. The possible total is 14–70.

01 Understanding the loss	___ / 10
02 Emotional regulation	___ / 10
03 Daily functioning	___ / 10

04 Support and connection	___ / 10
05 Coping practices	___ / 10
06 Unfinished emotional business	___ / 10
07 Hope and future orientation	___ / 10
Total	**___ / 70**

56–70	**Strong current supports** You report meaningful supports and growing ability to carry grief. Continue practices that sustain you, and pay attention to any individual domain that scored lower.
42–55	**Some support and some strain** Several supports are present, while some areas may need intentional care. Choose one or two lower-scoring domains for your next steps.
28–41	**Meaningful strain** Grief is affecting multiple areas of life. Additional support from trusted people, a grief group, pastoral care, or a licensed professional may be helpful.
14–27	**Significant strain** Your responses suggest that grief is placing substantial

Your responses suggest that grief is placing substantial pressure on daily life and well-being. Consider contacting a licensed mental health professional or physician soon.

These ranges are reflective guides, not validated clinical cutoffs. Your domain pattern and lived experience matter more than the total alone.

Turn awareness into support

Look first at your two lowest-scoring domains. Choose one realistic step for each, along with a person or resource that can support you.

Area one

The domain I want to strengthen is

One practical step I can take this week is

Someone I can ask for support is

Area two

The second domain I want to strengthen is

One practical step I can take this week is

One practical step I can take this week is

A professional, pastoral, or community resource I can contact is

I will complete this scorecard again on

A Grace Pause

What strength, support, or sign of hope did this scorecard help you notice?

> **Immediate support.** If you are in immediate danger or thinking about harming yourself, call emergency services or contact the 988 Suicide & Crisis Lifeline in the United States by calling or texting 988.

A score can help you notice what needs care, but healing happens through honest attention, healthy practices, supportive relationships, faith, and appropriate professional help.

Your grief is not a grade. Your score is not your identity. Let this baseline help you offer yourself more honesty, more

support, and more grace.

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Faith-sensitive grief education, pastoral support, and practical tools for life after loss.

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