Care CEUs

Grief

1. Anticipated loss can be defined as a death that is expected in advance, and the length of time for anticipatory loss can be:

A. Weeks to years
B. At least one year
C. Less than six months
D. Longer than three months

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2. Sudden/unexpected death:

A. Makes people want to curl up and hide
B. Makes people want to know why and how it happened
C. Makes people vulnerable and lifelong victims
D. Makes people desperate to get their life in order

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3. THE most important aspect of validation is understanding the other person's feelings and experiences.

A. True
B. False

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4. Grief and depression have unique characteristics, and grief reactions include:

A. Constant crying without being able to stop or inability to cry or weep at all
B. An inability to identify anger or direct it toward someone else
C. Difficulty in accessing dreams and severe insomnia
D. Mood variability including intermittently changing from sadness and regret to relief, joy, anxiety, frustration, hope and other emotions

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5. Following a death, it is often assumed that any grief or depression experienced is a result of the death. However, additional worries or issues will likely be encountered, and these are known as subordinate fears.

A. True
B. False

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6. When assisting loved ones, it is beneficial to help them identify the cause or root of

their depression, as long as the depression is:

A. Situational
B. Temporary
C. Acute
D. Subtle

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7. Men often talk about the things we did for our loved one, how they took care of them, what they are doing now and what they plan to do in the future.

A. True
B. False

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8. Most men prefer support to be in the form of taking some action or having a plan.

A. True
B. False

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9. When a partner has died, it is vital that the survivor get involved with someone else after a year has passed.

A. True
B. False

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10. It is important that men learn how to get over their grief and move on.

A. True
B. False