



Texas Revised Inventory of Grief (TRIG)

Instructions: Please read each statement and indicate how much you agree or disagree by selecting the most appropriate number.

Scale:

- 1. Completely True
- 2. Mostly True
- 3. True and False
- 4. Mostly False
- 5. Completely False

Part I: Past Behavior (How you felt right after the death)

| Statement | 1 | 2 | 3 | 4 | 5 |
|--|-----|-----|-----|-----|-----|
| 1. I found it hard to realize the person was dead. | [] | [] | [] | [] | [] |
| 2. I felt that I would nearly die myself when they died. | [] | [] | [] | [] | [] |
| 3. I lost my appetite when they died. | [] | [] | [] | [] | [] |
| 4. I felt I was in a daze after the death. | [] | [] | [] | [] | [] |
| 5. I felt I couldn't live without them. | [] | [] | [] | [] | [] |
| 6. I couldn't sleep after the death. | [] | [] | [] | [] | [] |
| 7. I felt I had a need to do things the deceased had wanted to do. | [] | [] | [] | [] | [] |
| 8. I was very angry that they had died. | [] | [] | [] | [] | [] |



Part II: Present Feelings (How you feel right now)

| Statement | 1 | 2 | 3 | 4 | 5 |
|--|-----|-----|-----|-----|-----|
| 1. I still cry when I think of the person who died. | [] | [] | [] | [] | [] |
| 2. I still get upset when I think about the person. | [] | [] | [] | [] | [] |
| 3. I cannot accept the person's death. | [] | [] | [] | [] | [] |
| 4. I miss the person very much today. | [] | [] | [] | [] | [] |
| 5. I am painfully lonely since they died. | [] | [] | [] | [] | [] |
| 6. I am unable to do the things I used to do. | [] | [] | [] | [] | [] |
| 7. I feel it's unfair that they died. | [] | [] | [] | [] | [] |
| 8. Things and people around me still remind me of them. | [] | [] | [] | [] | [] |
| 9. I am unable to accept the death even now. | [] | [] | [] | [] | [] |
| 10. I find myself dreaming about the person. | [] | [] | [] | [] | [] |
| 11. I sometimes feel that I have the same illness as the deceased. | [] | [] | [] | [] | [] |
| 12. Sometimes I feel the person is still with me. | [] | [] | [] | [] | [] |
| 13. At times I feel I can hear the person talking to me. | [] | [] | [] | [] | [] |



For clinicians use only

Note on Reverse Scoring: lower scores (responses of 1 and 2) indicate higher levels of grief.

- Part I (Past Behavior): High scores here suggest high initial distress but do not necessarily predict long-term pathology.
- Part II (Present Feelings): This is the more clinically significant section. High "Present" scores (or low values on the 1-5 scale) indicate that the person is still in an acute phase of mourning.
- The Gap: A significant difference between Part I and Part II helps you see if the patient is "recovering" or if their grief has remained static (indicating potential prolonged grief)

Clinical Utility

The TRIG is excellent for tracking progress over a 6-month or 1-year treatment plan, as it allows the patient to reflect on their own movement through the stages of loss.