

Are You Ready to Serve?

The signs of your healing

You've found comfort through GriefShare, and maybe you're thinking about sharing that same comfort by volunteering. This is wonderful, and giving back is an important part of your healing process. But before you jump in, it's important to make sure the time is right for you. There's no need to rush if you still have more healing to do first.

The 6 "signs of healing" outlined in this assessment will help you recognize your progress and determine whether you're ready to serve on a GriefShare team.

Directions

Use the number scale to gauge how you've changed since the loss. Circle the number that best represents that. If an item does not apply, score it 0. Total your scores. When you are finished, talk through your answers with your leader or pastor. **Your leader/pastor will have the final say as to whether the time is right for you to serve.**

1. Accepting the reality of my loss

This means acknowledging the loss and the changes it has brought and avoiding various forms of denial or unhealthy attempts to numb the pain.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. Smiling and laughing again:	0	1	2	3	4	5
B. Remembering pleasant and unpleasant things about my loved one without being overcome by them:	0	1	2	3	4	5
C. Being less consumed with my loss each day:	0	1	2	3	4	5
D. Accepting my life without trying to recapture the way it used to be:	0	1	2	3	4	5
E. Avoiding excessive or unhealthy behaviors to numb my pain:	0	1	2	3	4	5

Score: _____

2. Dealing with the emotions

This involves addressing sadness, anxiety, anger, etc., in a helpful, God-honoring manner.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. Being more thankful for the blessings in my life:	0	1	2	3	4	5
B. Accepting grief ambushes if they come:	0	1	2	3	4	5
C. Exercising more control over my emotions:	0	1	2	3	4	5
D. Talking about my loss more easily (without being overwhelmed):	0	1	2	3	4	5
E. Noticing more good days than bad:	0	1	2	3	4	5

Score: _____

3. Adjusting to a world without my loved one

This involves identifying how your lifestyle will need to change. It can mean learning new skills, taking on new roles, and thinking of yourself (and God) in new ways.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. Getting a restful night's sleep more often than not:	0	1	2	3	4	5
B. Eating balanced meals and engaging in regular physical activity:	0	1	2	3	4	5
C. Participating in activities that we both loved without crying:	0	1	2	3	4	5
D. Learning new skills to make my life run more smoothly:	0	1	2	3	4	5
E. Willing to spend time alone without too much distress:	0	1	2	3	4	5
F. Being patient with other people's awkwardness or shortcomings:	0	1	2	3	4	5
G. Maintaining positive relationships with friends and family:	0	1	2	3	4	5

Score: _____

4. Addressing my questions about ultimate concerns

Thinking through questions about God's character or purposes and eternity is a sign of healing.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of me					Consistently true of me
A. Attending worship services and Bible studies at church:	0	1	2	3	4	5
B. Reading the Bible as God's Word to guide me in my life:	0	1	2	3	4	5
C. Being honest with God about my spiritual struggles and questions:	0	1	2	3	4	5
D. Accepting that God's plan is best for me, even if I don't understand all of it:	0	1	2	3	4	5
E. Trusting God's goodness, wisdom, and love as He chooses to reveal them:	0	1	2	3	4	5

Score: _____

5. Continuing life without forgetting

This means taking steps forward in your life in a way that honors your loved one's memory. It involves pursuing God-given opportunities and living out the positive influences and lessons learned from your loved one.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of me					Consistently true of me
A. Remembering my loved one less idealistically and more realistically:	0	1	2	3	4	5
B. Looking to the day ahead of me with positivity rather than dreading it:	0	1	2	3	4	5
C. Establishing ways to honor the contributions of my loved one to my life:	0	1	2	3	4	5
D. Exploring new foods, new places, or new activities:	0	1	2	3	4	5
E. Recognizing the lessons I've learned through this experience of loss:	0	1	2	3	4	5
F. Looking for opportunities for new and healthy relationships:	0	1	2	3	4	5

Score: _____

6. Sharing comfort with others

Serving others in distress becomes an important part of rebuilding your life because it honors God’s design for us. Comforting others is essential to healing.

Compared to when you first lost your loved one, what is true of you now?

Sign of healing	Not true of meConsistently true of me					
A. Being more aware of the suffering around me:	0	1	2	3	4	5
B. Sharing the lessons I have learned from my loss with others:	0	1	2	3	4	5
C. Reaching out to family or friends in need when I have the opportunity:	0	1	2	3	4	5

Score: _____

Check your progress

What your scores mean

Reflect on the areas where you scored higher and lower. This will help you see where you’ve had some growth and healing, and areas you need to spend more time processing. Then add your total scores for all 6 sections, and use the chart to help you gauge your readiness to volunteer with GriefShare.

Total Score: _____

Score	General recommendation
<130	Take more time to heal before volunteering: <ul style="list-style-type: none">• Repeat another GriefShare cycle• Use the <i>Reflections</i> journal
130+	Talk with your leader or pastor about serving on a GriefShare ministry team

Ready to volunteer?

Share with your pastor/leader

Share your results with your GriefShare leader or pastor. They may be able to help you with areas of needed growth. Remember, though, your leader/pastor may still decide it’s best for you to wait, regardless of your score. This assessment is just a guide.

Learn more at

griefshare.org/volunteer