

Yearning in Situations of Loss (YSL) Scale—Bereaved

Instructions: Each blank refers to the loved one that you lost. Please indicate how often you feel the way described by selecting one of the responses.

Never		Sometimes		Always
1	2	3	4	5

1. I am reminded of _____ by everyday objects, places and occurrences. 1 2 3 4 5
2. I find myself wishing that things could be the way they were when I was with _____. 1 2 3 4 5
3. I am distracted from things that are happening around me (e.g., conversations I am having) because I am thinking about _____. 1 2 3 4 5
4. I daydream about _____. 1 2 3 4 5
5. It's hard for me to be happy without _____. 1 2 3 4 5
6. I feel like things used to be so perfect before I lost _____. 1 2 3 4 5
7. I feel that in my ideal world, losing _____ would never have happened. 1 2 3 4 5
8. I imagine and choose things I would be willing to give up in exchange for having _____ back. 1 2 3 4 5
9. I feel separate from the world around me without _____. 1 2 3 4 5
10. The feeling of wanting _____ back is so strong it is indescribable. 1 2 3 4 5
11. I like to imagine what I would do if _____ were with me. 1 2 3 4 5
12. I am much more engaged in a conversation if it is about _____. 1 2 3 4 5
13. I feel that there just is no one else who can love me the way _____ did. 1 2 3 4 5
14. I wish I could do the things I used to do with _____. 1 2 3 4 5
15. I feel like it would be impossible to find another person that would make me feel the same way as _____ did. 1 2 3 4 5
16. I miss _____ as much or more than I have missed any other person. 1 2 3 4 5
17. Without _____, I feel alone. 1 2 3 4 5
18. I don't feel like going out as much without _____. 1 2 3 4 5
19. It's hard to imagine feeling as comfortable and happy as I was when I was with _____. 1 2 3 4 5
20. I feel like if _____ were here, I would know what to do about things. 1 2 3 4 5
21. I feel like I could be completely happy if I was with _____. 1 2 3 4 5