

Loss and Mourning Final Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which of the following is NOT listed as a common way of practicing denial?**
 - A. Suppression of emotions**
 - B. Mummification**
 - C. Selective forgetting**
 - D. Middle knowledge**

- 2. In a highly _____ relationship, the death leads to guilt and anger.**
 - A. Ambivalent**
 - B. Secure**
 - C. Attached**
 - D. Dependent**

- 3. Which option is NOT a coping style dimension?**
 - A. Problem-solving**
 - B. Avoidant emotional**
 - C. Active emotional**
 - D. Anxious/preoccupied attachment**

- 4. According to Worden, Task II involves which of the following?**
 - A. Adjusting to a world without the deceased**
 - B. Finding ways to remember the deceased that do not preclude going on with life**
 - C. Processing the pain of grief**
 - D. Accepting the reality of the loss**

- 5. The arresting of which task results in a failure to adapt to a loss?**
 - A. Task I**
 - B. Task II**
 - C. Task III**
 - D. Task IV**

- 6. Most families exist in some type of homeostatic balance, but the addition or loss of a family member can result in which outcome?**
- A. Ambivalence**
 - B. Disequilibrium**
 - C. Inefficiency**
 - D. Increased stability**
- 7. How does a death affect one's everyday functioning in the world?**
- A. External adjustments**
 - B. Mental adjustments**
 - C. Internal adjustments**
 - D. Spiritual adjustments**
- 8. In which setting is grief therapy usually conducted?**
- A. Home**
 - B. Office**
 - C. Group**
 - D. Hospice**
- 9. From the Harvard study results, which is a basic need of bereaved children?**
- A. To know they will be cared for**
 - B. To learn more about the death**
 - C. To get a new pet**
 - D. To build a memory album**
- 10. Which adjustment is not typically included among external, internal, mental, and spiritual?**
- A. External**
 - B. Internal**
 - C. Spiritual**
 - D. Physical**

Answers

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1. A
2. A
3. D
4. C
5. C
6. B
7. A
8. B
9. A
10. D

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Explanations

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1. Which of the following is NOT listed as a common way of practicing denial?

- A. Suppression of emotions**
- B. Mummification**
- C. Selective forgetting**
- D. Middle knowledge**

Denial in coping with loss often shows up as patterns that keep the loss at arm's length. Some frameworks describe mummification as maintaining the deceased's memory through persistent rituals, selective forgetting as intentionally blocking certain memories of the event, and middle knowledge as having partial awareness of the truth but not fully admitting it. These all function to deny or minimize the impact by avoiding full acceptance. Suppression of emotions, by contrast, is about deliberately holding back emotional expression in the moment. It's an emotion-regulation strategy rather than a denial pattern of avoiding the truth. Because the question asks for what is NOT listed as a denial practice, suppression of emotions is the one that doesn't belong in that set.

2. In a highly _____ relationship, the death leads to guilt and anger.

- A. Ambivalent**
- B. Secure**
- C. Attached**
- D. Dependent**

Grief reactions are strongly shaped by the way a relationship was experienced emotionally. When a relationship is highly ambivalent, it means there were mixed, unresolved feelings—strong attachment paired with fear, insecurity, or inconsistency. That kind of tangled dynamic leaves the bereaved with unresolved tensions and questions about love, closeness, and responsibility. Because the relationship didn't feel securely resolved, the death can trigger guilt—felt for not having done enough, not expressing enough love, or for issues left unsaid—and anger—at the loss, at oneself, or at others who seemed to be more stable. The push-pull of conflicting emotions makes these guilt and anger responses more prominent than in more secure, uncomplicated ties. In contrast, a secure relationship tends to result in grief that involves sadness and longing but with a more integrated sense of support and fewer lingering questions about the bond. A purely dependent or clearly defined attachment without the ambiguity of mixed signals doesn't typically produce the same pattern of unresolved guilt and anger either. So the description that best fits the scenario is ambivalent, capturing how the unclear, opposing feelings toward the relationship fuel intense guilt and anger after the death.

3. Which option is NOT a coping style dimension?

- A. Problem-solving
- B. Avoidant emotional
- C. Active emotional
- D. Anxious/preoccupied attachment**

Coping style dimensions describe how people tend to deal with stress. The options problem-solving, avoidant emotional, and active emotional are all ways of handling stress: directly addressing the issue, withdrawing or suppressing emotion, and actively processing or engaging with emotions, respectively. Anxious/preoccupied attachment, on the other hand, is an attachment style—a pattern of relating to others in close relationships—rather than a general method for coping with stress. It can influence how someone experiences relationships, but it isn't a coping strategy in the stress-management framework. So the option that isn't a coping style dimension is anxious/preoccupied attachment.

4. According to Worden, Task II involves which of the following?

- A. Adjusting to a world without the deceased
- B. Finding ways to remember the deceased that do not preclude going on with life
- C. Processing the pain of grief**
- D. Accepting the reality of the loss

Worden's framework presents four tasks that grief work moves through after a loss. Task II is about processing the pain of grief. This means actively engaging with and expressing the raw emotions that come with the loss—sadness, anger, guilt, longing—rather than pushing them away or bottling them up. Working through these feelings helps the mourner acknowledge that the loss has happened and enables the person to integrate the experience into life going forward. It's not about erasing pain or rushing to "get over" it, but about allowing the grief to unfold so healing can begin. Other tasks in Worden's model involve accepting reality, adjusting to a world without the deceased, and finding a way to maintain a bond while moving forward, but Task II specifically centers on the emotional processing of grief.

5. The arresting of which task results in a failure to adapt to a loss?

- A. Task I
- B. Task II
- C. Task III**
- D. Task IV

The key idea is that adapting after a loss hinges on moving through tasks that reshape daily life around the new reality. The task that involves adjusting to a world without the deceased is what enables you to live with the absence—redefining roles, routines, and responsibilities, and finding ways to function day to day. When progress on this task is arrested, you remain stuck in pre-loss patterns and can't effectively integrate the loss into your life, leading to a failure to adapt. While recognizing the loss and feeling the accompanying pain are important steps, and holding onto a continuing bond while moving forward can also occur, it's the inability to adjust to the changed world that most directly undermines genuine adaptation to the loss. That's why this task is the best answer.

6. Most families exist in some type of homeostatic balance, but the addition or loss of a family member can result in which outcome?

- A. Ambivalence
- B. Disequilibrium**
- C. Inefficiency
- D. Increased stability

When a family operates in balance, its routines, roles, and emotional responses are organized to support stability. Introducing a new member or losing someone shakes those patterns, creating a period of instability as the system pushes to adapt. This period is disequilibrium—the temporary disruption that occurs as the family reorganizes roles, responsibilities, and interactions to fit the new situation. Over time, the family tends to settle into a new balance, but the immediate outcome of such change is disruption rather than lasting increased stability. Ambivalence can be part of the feelings involved, but the overarching process is the shift into disequilibrium.

7. How does a death affect one's everyday functioning in the world?

- A. External adjustments**
- B. Mental adjustments**
- C. Internal adjustments**
- D. Spiritual adjustments**

The main idea is that death changes daily life by requiring adjustments to the external world around you. When someone dies, you often have to reorganize routines, responsibilities, and practical tasks—finances, bills, housing, transportation, childcare, work schedules, and social obligations. These are external adjustments because they involve the outside environment and how you carry out day-to-day activities. While coping, internal feelings, and shifts in beliefs (mental, internal, and spiritual adjustments) are real parts of bereavement, they pertain more to inner experience. The concrete, observable changes in how you function in the world after a death are best captured by external adjustments.

8. In which setting is grief therapy usually conducted?

- A. Home**
- B. Office**
- C. Group**
- D. Hospice**

Grief therapy is typically conducted in an office because it provides a private, confidential, and professionally structured space where a therapist can build trust, set boundaries, and focus on one-on-one processing. The controlled environment supports deep, ongoing conversations about painful emotions, coping strategies, and meaning-making. While grief work can happen in other settings—at home for convenience, in group formats for peer processing, or within hospice programs for families facing loss—the standard outpatient office is the most common setting for individualized therapy. Home visits are less common due to privacy and safety considerations, and hospice contexts emphasize bereavement support within that care setting rather than the routine one-on-one therapy arrangement.

9. From the Harvard study results, which is a basic need of bereaved children?

- A. To know they will be cared for**
- B. To learn more about the death**
- C. To get a new pet**
- D. To build a memory album**

At the heart of supporting bereaved children is ensuring they feel safe and cared for. The Harvard study points to a fundamental need: knowing that someone will continue to care for them, provide emotional support, and keep them in a stable, predictable environment. This sense of ongoing care helps reduce anxiety and gives children room to grieve while still functioning in daily life. While learning about the death, getting a new pet, or making a memory album can be helpful in various ways, none address that core need as directly as the assurance that they will be looked after. To meet this need, caregivers can maintain routines, be reliably present, respond with honest, age-appropriate information, and follow through on promises.

10. Which adjustment is not typically included among external, internal, mental, and spiritual?

- A. External**
- B. Internal**
- C. Spiritual**
- D. Physical**

The adjustment framework here focuses on how a person changes across four domains after a loss: external, internal, mental, and spiritual. External adjustments involve changes in behavior, environment, and social roles—things you can observe in daily life. Internal adjustments are about the inner emotional experience and how you cope with those feelings. Mental adjustments cover thinking patterns, beliefs, problem-solving, and planning. Spiritual adjustments relate to meaning, purpose, values, faith, and ritual. Physical does not fit this set because it refers to the body and bodily processes, which are not typically categorized as one of these adjustment domains. Grief can produce somatic symptoms, but the framework groups bodily aspects separately from these four dimensions of adjustment. So physical is the one that doesn't belong in that quartet.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://lossandmourningfinal.examzify.com>

We wish you the very best on your exam journey. You've got this!

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