

COMMON GRIEF REACTIONS

PHYSICAL

Fatigue
Lack of Energy
Sympathy Pains
Hollowness in Stomach
Gut Sensations
Tightness in Chest
Shortness of Breath
Dry Mouth
Increased Noise Sensitivity
Pain
Sleep Disturbances
Appetite Disturbances
Restlessness
Tension
Exhaustion

EMOTIONAL

Sadness
Loneliness
Anger
Guilt
Anxiety
Shock
Yearning/Longing
Relief
Numbness
Depression
"Grief Attacks"
Fear
Helplessness
Lack of Control
Insecurity
Resentment

MENTAL

Disbelief
Distraction
Absent-mindedness
Forgetfulness
Low Motivation
Dreaming
Poor Concentration
Preoccupation with the crisis
Images of the crisis
Confusion
Memories of other losses
Lack of Focus
Denial
Disorientation
Apathy
Diminished Self-Concern
Sorrow
Betrayal/Disloyalty
Emptiness

SOCIAL

Social Withdrawal
Less Desire to Make Conversation
Being Single
Feeling a need to take care of others

BEHAVIORAL

Searching
Crying/Tears
Carrying Special Objects
Keeping an Alter
Keeping belongings intact
Looking at Photos
Listening to Tapes
Avoidance of Grief Arousal
Changes in Daily Routine

SPIRITUAL

Questions about God
Why would God allow this?

When Death is the loss

How are they?
When will I die?
Will I see them again when I die?
What will happen to me when I die?
Sensing the presence of the dead