

## 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