

Normal Grief Reactions

Feelings

Sadness
Anger
Guilt, self-reproach
Anxiety
Loneliness
Helplessness
Shock
Yearning
Relief
Numbness
Despair
Hopelessness
Bitterness

Physical Sensations

Hollowness in the stomach
Tightness in the chest
Tightness in the throat
Oversensitivity to noise
Shortness of breath
Lethargy
Weakness of muscles
Lack of energy
Dry mouth
Rapid heartbeat
Muscle tension
Fatigue
Decreased resistance to illness

Behaviors

Sleep disturbances
Appetite disturbances
Absent-minded behavior
Social withdrawal
Dreams of the deceased
Avoiding the reminders of the loss
Searching, calling out
Sighing
Crying
Visiting places or carrying objects
that remind of the deceased
Treasuring objects that belonged to
the deceased
Increased (or decreased) in activity

Thought Patterns

Disbelief
Confusion
Preoccupation
Sense of presence (of the deceased)
Lack of concentration
Lowered self-esteem
Repeated review of the loss event
Increase (or decrease) of dreams
Hallucinations (visual and auditory)
Search to understand implications of the
loss
A sense of the depersonalization ("I walk
down the street and nothing seems real,
including myself.")

Spiritual

Emptiness (reason to live challenged)
Destruction of beliefs/ideas
Search for meaning
Pessimism or Idealism
Experiences of connectedness/wholeness/rebirth
Compassion