

REACTIONS OF GRIEF Adult

Physical*

Anxiety/Heart palpitation
Health concerns/Susceptible to illness
Headaches
Dry mouth
Lack of energy/Fatigue
Increased or decreased activity level
Tight chest or throat
Muscle weakness
Weight loss or gain/Change in appetite
Overreaction to loud noise
Searching
Breathlessness
Hollowness in stomach
Loss of sexual desire
Treasuring objects
Physical pain or numbness
GI disturbance/Abdominal pain
Accident prone
* It is important to get symptoms checked by a doctor.

Emotional

Shock/Numbness
Denial
Depression
Sorrow
Sadness/Anguish
Relief/Ambivalence
Guilt/Self-reproach
Anxiety/Fear/Panic
Loneliness
Anger/Irritability/Rage
Helplessness
Yearning/Longing
Abandonment
Powerlessness
Rejection
Meaninglessness
Apathy/Lethargy
Feeling of unreality
Emancipation

Cognitive

Disbelief/Denial
Confusion
Pre-occupation with thoughts of
deceased
Sense of presence of deceased
Forgetfulness
Concentration difficulty
Repetition of events
Rumination
Loss of interest
Slowed and/or disorganized thinking
Wish to join deceased
Aimlessness
Lowered self-esteem
Sense of depersonalization: nothing
seems real
Visual, auditory or other sensory
experiences*

*Like seeing your loved one or hearing their voice or
smelling their perfume/cologne

Behavioral

Sleep disturbance
Absentmindedness
Social withdrawal
Dreams of deceased
Avoidance of reminders
Clinging to reminders
Searching/calling out
Restless over activity
Crying
Inability to initiate and maintain
organized activity
Lack of initiative

Spiritual

Loss of faith and belief system
Questioning faith/beliefs
Strengthening of faith/beliefs