

# COMMON GRIEF REACTIONS IN ADULTS

Fill in all applicable choices.

## PHYSICAL

- upset stomach
- pain
- exhaustion
- sleep changes
- appetite changes
- dry mouth
- muscle tension
- lowered immunity
- low energy
- shortness of breath
- heaviness in chest
- tightness in throat

## EMOTIONAL

- shock, numbness
- sadness, sorrow
- guilt, regret
- anger, rage
- emptiness
- relief
- irritability
- restlessness
- listlessness
- insecurity
- betrayal
- resentment
- desire to join loved one
- feeling helpless
- feeling out of control

## BEHAVIORAL

- crying
- sobbing
- wailing
- difficulty crying
- sitting quietly
- staying busy to avoid emotion
- avoiding situations that provoke grief
- talking aloud to loved one
- energy is channeled into activities
- looking at photos and videos of loved one
- keeping a home altar
- wearing loved one's belongings
- keeping close loved one's special items
- visiting site of loved one's remains

## MENTAL

- denial
- disbelief
- forgetfulness
- confusion
- disorientation
- difficulty concentrating
- shortened attention span
- minimal motivation
- retelling story of death
- memories of past losses
- dreams or images of loved one
- expecting to hear from loved one

## SPIRITUAL

- mystery & wonder
- questions about afterlife & mortality
- questions about God & higher power
- affirmation of spiritual/religious beliefs
- doubting spiritual/religious beliefs
- questions about the whereabouts of loved one
- sensing the presence of loved one

## SOCIAL

- isolation
- alienation
- shifting roles
- not wanting to burden others
- withdrawing from activities
- low desire for conversation
- difficulty relating to old friends and making new friends
- difficulty relating to those who aren't grieving
- holding grief in to help others
- new responsibilities