

CHARACTERISTICS OF NORMAL GRIEF

Because grief can be so painful, and seem overwhelming, it frightens us. Many people worry if they are grieving in the "right" way, and wonder if the feelings they have are normal. Following are some characteristics of normal grief. These are all natural and normal grief responses. It is important to cry and talk with people when you need to.

FEELINGS:

- Sadness
- Guilt
- Loneliness
- Helplessness
- Numbness
- Anger
- Anxiety
- Shock
- Relief

PHYSICAL SENSATIONS:

- Hollowness in the stomach
- Tightness in the chest or throat
- Oversensitivity to noise
- A sense of depersonalization
- Feeling short of breath
- Muscle weakness and lack of energy
- Dry mouth

THOUGHTS:

- Disbelief
- Preoccupation
- Dreams
- Confusion
- Sense of presence
- Anger

BEHAVIORS:

- Sleep Disturbances
- Appetite Disturbances
- Social Withdrawal
- Avoiding reminders of the deceased
- Searching and calling out
- Sighing
- Restless Overactivity
- Crying
- Visiting places or objects that remind one of the deceased
- Treasuring objects that belonged to the deceased
- Not finishing things we start
- Assume mannerisms or traits of their loved one
- Need to tell and retell and remember things about the loved one and the experience of their death.