



## Reactions That People Often Experience with Their Grief

Am I grieving correctly?

I never knew it would hurt as much as it does!

My grief and life feel out of control

I am soooo angry!!

I experience tightness in my throat and heaviness in my chest.

I feel relieved and this makes me feel guilty

My sleep is interrupted most nights and this makes life hard

I am either not eating or eating too much!

Concentration is so hard right now. What is wrong with me?

My mind is on a merry go round and will not stop!

I feel that “it” is not real. This is a nightmare and not a reality

I cry at unexpected times and do not want others to see me when I am upset or feeling my feelings especially around my children.

I sometimes sense my loved one’s presence, like hearing their voice. Am I crazy???

People don’t know what to say to me when they see me. Sometimes this feels so uncomfortable. I feel that I have “grief cooties”!

I feel so empty right now.

It doesn’t take much for my mood to continually change on a daily basis.

I wish that people would speak the name of my loved one and share memories and stories of them. This helps me not feel so alone in my grief.

My family doesn’t understand my grief. We are all doing this so differently as a family which it makes grief difficult at times to understand

People use the word closure when referring to my grief. There is no closure.

