

Most People when grieving...

Most people, when grieving (or coping with a loved one's critical condition) experience some of the following:

- 1. Have an empty feeling in the stomach, and either lose appetite or want to snack often.**
- 2. Feel tight in the throat and/or heavy in the chest**
- 3. Feel exhausted, yet have difficulty sleeping**
- 4. Feel nothing, a numb shock, and/or fear exploding into pain**
- 5. Feel restless and need activities, yet find it difficult to concentrate**
- 6. Wander aimlessly, often forgetting or misplacing things or leaving tasks unfinished**
- 7. Cry at unexpected times, and feel that crying may never stop**
- 8. Feel mood changes over the slightest things, and worry about "going crazy"**
- 9. Feel sad at times, angry at other times, and confused much of the time**
- 10. Feel upset and/or angry at the loved one for being ill or injured, and for dying and leaving, and then feel guilty about feeling angry – or feel relieved that the loved one has died and is free of suffering, and then feel guilty about feeling relieved**
- 11. Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased**
- 12. Feel as though the loss isn't real, hearing the loved one's voice, expecting to see the loved one as usual**
- 13. Feel the loved one's presence, and real satisfaction talking with him or her**

14. Feel obligated to “take care” of other people who are, or seem to be, uncomfortable with grief usually by politely not talking about feelings of loss (or other common experiences listed on this page)

15. Experience intense and very mixed feelings about God, divine purpose, etc, and also about other people’s opinions about these things

16. Find religious feelings and ideas to be (or to require) changing, thus feeling bereft of the comforts of faith for a while, then beginning a search for new understanding of God, life, death, and faith

17. Experience an intense preoccupation with the life of the loved one, think about and want to tell and retell memories of his or her life, stories of the relationship, of the illness or injury, of the loss, and of survival

18. Need to play and replay memories of the last few days/weeks/hours, yet sometimes lose all memories of the first day/weeks/hours of crisis

19. Either dream of the loved one frequently, or want to

20. Assume some mannerisms or traits of the loved one (a kind of loyalty)

THESE ARE ALL NATURAL AND NORMAL GRIEF RESPONSES, A PROCESS OF SURVIVAL. Remember, grief is not something that must be healed: grief is a healing process that can be trusted.