

Loss

Most People Who Suffer A Loss Experience One or More of the Following: Feel tightness in the throat or heaviness in the chest. Have an empty feeling in the stomach and lose their appetite or want to snack often. Feel guilty at times and angry at other times. Feel restless and look for activity but find it difficult to concentrate. Feel as though the loss isn't real, and expect to see the one who died. Sense the loved one's presence, and talk to him or her. Wander aimlessly, forget things often, and don't finish things they've started. Have difficulty sleeping and feel exhausted. Experience an intense preoccupation with the life of the deceased. Dream of the loved one frequently, or want to. Assume mannerisms or traits of their loved one. Feel guilty or angry over things that happened or didn't happen in the relationship. Feel intensely angry at the loved one for dying and leaving them. Play and replay the memories of the last days / weeks / hours, and lose all memory of the first days / weeks / hours after knowing of the death. Feel as though they need to take care of other people who seem uncomfortable around them, by politely not talking about the feeling of loss. Need to tell and retell stories of the relationship and the loss. Feel their mood changes over the slightest things. Cry at unexpected times. These are all natural and normal grief responses