

Are You Grieving?

A checklist of the physical, mental, and behavioral symptoms of grief.

Are you grieving? Put a check in the box next to any of the physical, behavioral, or emotional that you have been having below. If you check more than a few boxes, you are most likely experiencing grief. Remember that grief is normal and that there are ways to “work through grief,” as well as grief support systems that you can turn to.

Physical Sensations

- A dry mouth
- A tight throat or a lump in your throat
- Shortness of breath
- A tight chest
- A “hollow” or “empty” feeling
- Appetite changes
- Digestion disturbances including: Nausea, Diarrhea, or Indigestion
- A general lack of energy that persists even after sleeping
- A “weak” or “faint” feeling
- Weak muscles
- A general achiness
- Headaches
- Being overly sensitive to noise

Behavioral Characteristics

- Inability to maintain normal daily activity
- Inability to make decisions
- Lack of motivation
- Feeling restless or unable to focus
- Forgetfulness
- Insomnia or over-sleeping
- Urge to cry or sob unexpectedly or an inability to stop crying
- Talking to or visualizing the person who has died
- Isolating yourself from others

Emotional Feelings

- Guilt
- Shock, numbness, and/or disbelief
- Anxiety or panic
- Intense sadness
- Helplessness or powerlessness
- Detached or indifferent

- Anger
- Envy of others who have not had to cope
- Relief
- Loneliness

Thought Patterns

- Denial
- Disorganization
- Dreams about the death
- Inability to concentrate
- Repeating the circumstances of the death over and over
- Yearning for the "good times"