



Normal Grief Responses

Physical Reaction such as:

Tightness in the throat or heaviness in the chest, legs/arms
Empty feeling in the stomach and loss of appetite
Constant sense of hunger and increase in appetite
Physical sense of restlessness, jittery
Hot or cold flashes, dizziness
Shortness of breath, fatigue, weakness
Sensitive skin; heightened sensitivities to noises, light

Behavioral/ Social Responses such as:

Shock, numbness, disorientation, bewilderment
Disbelief, denial, detachment
Inertia, withdrawal, listlessness
Social withdrawal
Overly involved in keeping busy
Crying, screaming, temper tantrums, whimpering
Clingingness, fear of being alone or leaving a parent
Absent mindedness, clumsiness, sleeplessness
Too much sleeping

Emotional Responses such as:

Sadness, relief, guilt, anger, anxiety, panic, mild depression, hopelessness, fearfulness, feeling unreal, dazed, mood swings, loneliness, yearning, helplessness, confusion, disoriented

Thought Patterns such as:

Inability to concentrate
Desire to "join" the dead person
Difficulty making decisions
Disbelief
Generalized confusion
Guilt, regrets
Chronic worrying
Low self-esteem
Increased sense of compassion
Envy of non-grievors

69 Main Street, Tuckahoe, NY 10707
914.961.2818 ext 317
info@thebereavementcenter.org

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