

NORMAL RESPONSES TO GRIEF AND LOSS

- * "Numb" to people and events around you, feeling out of place.**
- * A feeling of tightness in the throat or heaviness in the chest.**
- * A feeling of emptiness in the stomach and change in eating habits.**
- * Feelings of restlessness and difficulty concentrating.**
- * Feeling as though the loss isn't real, that it didn't actually happen, that it was a bad dream.**
- * Sensing the loved one's presence, expecting them to walk in the door at the usual time, hearing their voice, seeing their face.**
- * Wandering aimlessly and forgetting to finish projects.**
- * Experience difficulty sleeping and dreaming of the loved one frequently.**
- * Experience a preoccupation with memories of the deceased.**
- * Assume mannerisms or traits of the loved one.**
- * Feelings of guilt or regret over things that did or didn't happen in the relationship with the deceased.**
- * Feelings of intense anger at the loved one for leaving.**
- * Feelings of abandonment by the loved one.**
- * Feeling a need to protect others by not talking about the loss.**
- * Needing to tell, retell, and remember stories of the loved one and the experience of their death.**
- * Mood changes over the slightest things, having some good days and some bad days, actually having good "moments" and bad "moments".**
- * Tears at unexpected times.**

SECONDARY LOSSES

Grief is the normal response to the loss of any relationship. For instance, when we experience the loss of a loved one there are many other losses connected to the primary loss.

- Loss of JOY
- Loss of BALANCE
- Loss of BELIEFS
- Loss of DREAMS
- Loss of CONTROL
- Loss of GOALS
- Loss of ROOTS
- Loss of EXPECTATIONS
- Loss of INTIMACY
- Loss of RELATIONSHIP
- Loss of COMMUNITY
- Loss of SUPPORT
- Loss of STORIES
- Loss of SECURITY
- Loss of FREEDOMS
- Loss of PHYSICAL ABILITY
- Loss of INNER PEACE
- Loss of HEALTH
- Loss of CHILDHOOD
- Loss of TRUTHS
- Loss of SELF-ESTEEM
- Loss of FAITH
- Loss of MEMORIES
- Loss of MOTIVATION
- Loss of SELF-RESPECT
- Loss of INSPIRATION
- Loss of LAUGHTER
- Loss of ENERGY
- Loss of "TOMORROW"
- Loss of DESIRE
- Loss of PURPOSE
- Loss of PATTERNS
- Loss of "NORMAL"
- Loss of _____