



## Potential Symptoms of Grief

### Physical Symptoms

- Fatigue, Feelings of Exhaustion
- Weakness
- Shortness of breath
- Tightness in the throat
- Palpitations
- Nausea
- Diarrhea
- Constipation
- Aches and pains
- Stomach pain, back pain, headache
- Lightheaded, Dizziness
- Trouble sleeping
- Change in appetite, increased or decreased
- Change in weight
- Change in sex drive
- Crying, sighing
- Restlessness

### Emotional Symptoms

- Emotionally labile
- Sadness
- Anger, Irritability
- Panic, Anxiety
- Meaninglessness, Helplessness
- Apathy
- Numbness, Disbelief, Denial
- Longing
- Abandonment, Loneliness
- Self Blame
- Fear
- Guilt
- Relief

*Adapted from:*  
[http://dying.about.com/od/lossgrief/a/normal\\_grief\\_4.htm](http://dying.about.com/od/lossgrief/a/normal_grief_4.htm)

### Behavioral/Psychological Symptoms

- Forgetfulness
- Difficulty concentrating, Slowed thinking
- Wandering aimlessly
- Feeling trance-like
- Sense of unreality or emptiness
- Dreams of the deceased
- Searching for the deceased
- Sense the loved one's presence
- Hallucinations of the deceased,
- Sensing their presence (visual or auditory)
- Assuming mannerisms or traits
- Needing to retell the story of the death
- Avoiding talking about death so others won't feel uncomfortable

### Social Symptoms

- Overly sensitive
- Dependent
- Withdrawn
- Avoiding others
- Lack of initiative or interest
- Hyperactive
- Under active
- Relationship difficulties
- Lowered self esteem

### Spiritual

- Doubting belief system
- Questioning spiritual values
- Spiritual injury
- Loss of faith
- Disappointment in religion, clergy and church members
- Feeling betrayed by God or Spiritual Force
- Angry with God or Deity
- Preoccupied with own death
- Sensing presence (visual or auditory)