REACTIONS IN THE NORMAL GRIEF EXPERIENCE

PHYSICAL

Appetite – loss or increase
Backaches
Breathing difficulties
Hypercventilation
Shallow or shortness of breath
Chest tightness
Cold hands
Dizziness or fainting spells
Dry mouth
Fatigue
Gastrointestinal upset
Constipation
Cramps
Diarrhea
Nausea
Headaches
High blood pressure
Hives, rashes, itching
Indigestion
Insomnia
Low resistance to infection & minor illness
Muscle tightness – face, jaws, back of neck, shoulders

Nausea
Nightmares
Numb or tingling extremities
Pale skin
Pounding or rapid heart beat
Shaking
Sleeping too much
Sighing
Slowed speech
Stuttering
Stomach problems:
Aches
Butterflies
Gas
Ulcer
Sweating
Tearfulness
Trembling
Urinating frequently
Voice – change of pitch
Weakness – especially in legs
Weight gain or loss

INTELLECTUAL/COGNITIVE

Concentration difficulties
Fantasy life increased or decreased
Disbelief
Errors in:
Judging distances
Grammar
Pronunciation
Use of numbers
Confusion
Forgetfulness

Lack of attention to details
Lack of awareness of current events
Loss of creativity
Loss of productivity
Mental blocking
Over attention to details
Perfectionism
Preoccupation
Worrying
Inattention
Sense of loved one’s presence

This is only a partial listing of common grief reactions. There are many additional grief reactions that are not included here. (More listed on the back.)

12/06
EMOTIONAL/SOCIAL

Agitation       Indecisiveness
Anger or angry outbursts Irritability
Anxiousness     Jealousy
Blaming others  Loneliness
Critical of self Loss of interest in living
Crying          Low self-esteem
Emancipation    Moodiness or mood swings
Depression      Relief
Dread           Restlessness
Fear of groups or crowds Sadness
Fear in general Shock
Guilt           Suspiciousness
Helplessness    Withdrawal from feelings
Hopelessness    Worthlessness
Hyperexcitability Yearning
Impulse behavior

FLARE UPS OF:

Allergies       Hay fever
Arthritis       Canker sores
Asthma          Cold sores
Colitis         Migraines