

REACTIONS IN THE NORMAL GRIEF EXPERIENCE

Comfort
Hope
Healing



PHYSICAL

Appetite – loss or increase	Nausea
Backaches	Nightmares
Breathing difficulties	Numb or tingling extremities
Hyperventilation	Pale skin
Shallow or shortness of breath	Pounding or rapid heart beat
Chest tightness	Shaking
Cold hands	Sleeping too much
Dizziness or fainting spells	Sighing
Dry mouth	Slowed speech
Fatigue	Stuttering
Gastrointestinal upset	Stomach problems:
Constipation	Aches
Cramps	Butterflies
Diarrhea	Gas
Nausea	Ulcer
Headaches	Sweating
High blood pressure	Tearfulness
Hives, rashes, itching	Trembling
Indigestion	Urinating frequently
Insomnia	Voice – change of pitch
Low resistance to infection & minor illness	Weakness – especially in legs
Muscle tightness – face, jaws, back of neck, shoulders	Weight gain or loss

BEHAVIORS

Absent mindedness
Accident proneness
Appetite disturbances
Clumsiness
Fingernail biting
Hair twisting
Hyper-mobility (can't be still)
Nightmares
Searching and calling out
Teeth grinding
Treasuring objects of the deceased
Visiting places of the deceased

INTELLECTUAL/COGNITIVE

Concentration difficulties	Lack of attention to details
Fantasy life increased or decreased	Lack of awareness of current events
Disbelief	Loss of creativity
Errors in:	Loss of productivity
Judging distances	Mental blocking
Grammar	Over attention to details
Pronunciation	Perfectionism
Use of numbers	Preoccupation
Confusion	Worrying
Forgetfulness	Inattention
	Sense of loved one's presence



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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.)

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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