

REACTIONS, RESPONSES AND BEHAVIORS RELATED TO GRIEF

Range of Possible Emotional Reactions Related to Grief	Range of Possible Physical and Mental Responses Related to Grief	Range of Possible Behaviors Related to Grief
sadness fear anguish loneliness pessimism anxiety angst guilt anger / rage yearning despair hopelessness frustration shame worthlessness meaninglessness emptiness resentment impatience boredom worry self-doubt self pity crisis / panic overwhelm jealousy / envy hurt revenge hatred betrayal abandonment rejection inadequacy humiliation	shock numbness disorientation denial / disbelief confusion crying / wailing / tearful sighing short term memory loss tightness in throat physical pain in the heart hollowness / emptiness digestive problems shortness of breath dizziness / vertigo fatigue / exhaustion headaches insomnia or oversleeping increased or loss of appetite weight loss or weight gain inactive or overactive over-reactive startle response restlessness change in sexual desire menstrual difficulties lowered immunity to illness muscular aching trembling / shakiness disorganized unable to concentrate unable to complete tasks forgetful / memory lapses withdrawn / inward daydreaming / staring nightmares failure to thrive mental replay of scenes / events	talkative apathetic afraid to be alone anti-social seek solitude irritable poor hygiene / self-care obsessive / compulsive regression blaming critical of self or others lack of personal boundaries lack of social boundaries self-involved erratic actions and decisions non-assertive overly assertive aggressive unable to stop crying increased use of alcohol or drugs use of sleeping aids new addictive behaviors lucid night dreaming inability to care for self unable to drive preoccupation with the deceased carry around objects of deceased sense presence of deceased refusal to accept reality of the death refusal to talk about the death constantly talking about the death preoccupation with your own death fear of others dying decreased motivation lose interest or passion in life
Possible Emotional Reactions to Healing Grief	Possible Physical and Mental Responses to Healing Grief	Possible Behaviors to Healing Grief
optimism contentment hope trust compassion happiness joy well-being satisfaction meaning	relief freedom emancipation improved physical health improved mental health calm and relaxed understanding	renewed interest / passion for life new or renewed individuality new or renewed independence improved motivation self-direction for life self-determination for life volunteering to help others compassion for self and others forgiveness for self and others acceptance