

- » **GRIEF** is a normal and natural response to loss.
- » **GRIEF** is a process that helps us adapt to change so that we can return to life with hope. Change is always with us. Change and loss go hand in hand.
- » **GRIEF** is as individual as those of us who feel it, and as varied as the circumstances of loss which occur. A loss can be a person, a place, an animal, an object, or even a dream or a hope.
- » We all experience **GRIEF** and loss in different ways, just as we have different emotional reactions to anything that happens in our lives.
- » The important things to remember are that there are a wide range of thoughts, feelings and behaviors that may be experienced; to expect to feel some of them and to know that we cannot completely control the process.

FEELINGS

Sadness	Impatience
Anger	Disbelief
Guilt	Self-reproach
Anxiety	Betrayal
Loneliness	Fear
Fatigue	Emptiness
Helplessness	Apathy
Shock	Agitation
Yearning	Excitement
Emancipation	Despair
Relief	Numbness
Acceptance	

PHYSICAL SENSATIONS

Hollowness in the stomach
 Tightness in the chest or throat
 Can't sit still, edgy
 Oversensitivity to noise
 A sense of depersonalization
 Breathlessness, shortness of breath
 Feeling energized or invincible
 Muscle weakness or muscle tension
 Lack of energy, loss of interest
 Stomachaches, headaches, dry mouth

BEHAVIORS OR SOCIAL REACTIONS

Crying	Clinging
Sleep changes	Appetite Changes
Excess need or withdrawal from touch	
Sighing	Aggression
Absent-minded behavior, forgetful	
Withdrawal from friends, family, social	
Treasuring objects related to the loss	
Dreams of the one or thing lost	
Restless over-activity, constantly active	
Avoiding reminders of the loss	
Searching and calling out for who/what	
Visiting places or carrying objects	
that remind you of the loss	
Trying to be super good or super bad	
Bumping into people or things	
Seeking approval & assurance from others	

THOUGHTS

Denial
 Disbelief
 Confusion
 Preoccupation
 Sense of presence
 Hallucinations
 Difficulty concentrating
 Nightmares
 Creative expression via
 music, writing, art
 Spiritually connected or abandoned

» There is no completion date to grieving. Allow your thoughts and feelings to flow through the process of grief. Talk with others (family, friends, and trusted adults) about it.

Compiled from Straight Talk about Death for Teenagers, Facing Change, and the Good Grief Program