
COMMON GRIEF EXPERIENCES

Most people who suffer a loss experience one or more of the following:

Tightness in the throat or heaviness in the chest

Have an empty feeling in their stomach and lose their appetite

Feel angry with others

Feel restless

Look for activity, but find it difficult to concentrate

Feel as though the loss is not real, that it didn't actually happen

Sense the loved one's presence. For example, finding oneself expecting the person to walk in the door at the usual time, hearing their voice or seeing their face.

Wander aimlessly, forget and don't finish things they have started

Have difficulty sleeping and dream of their loved one frequently

Assume mannerisms or traits of their loved one

Experience an intense preoccupation with the life of the deceased

Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased

Feel intensely angry with the loved one for leaving them

Feel as though they need to take care of others who seem uncomfortable around them, by politely not talking about the feelings of loss

Tell and retell the stories about the loved one and the experience of their death

Feel their mood change over the slightest things

Cry at unexpected times

Each one of these experiences is natural and normal. Sharing your emotions and story with others is important. Allowing yourself to acknowledge and express your grief is an essential part of the grief journey.

