Symptoms of Grief

Physical

1. Hyperactive or underactive
2. Feelings of unreality
3. Physical distress such as:
    - Chest pains
    - Abdominal pains
    - Headaches
    - Nausea
4. Change in appetite
5. Weight change
6. Fatigue
7. Sleeping problems
8. Restlessness
9. Crying and sighing
10. Feelings of emptiness
11. Shortness of breath
12. Tightness in the throat

Emotional

1. Numbness
2. Sadness
3. Anger
4. Fear
5. Relief
6. Irritability
7. Guilt
8. Loneliness
9. Longing
10. Anxiety
11. Meaninglessness
12. Apathy
13. Vulnerability
14. Abandonment

Social

1. Overly sensitive
2. Dependent
3. Withdrawn
4. Avoiding others
5. Lack of initiative
6. Lack of interest

Behavioral

1. Forgetfulness
2. Searching for the deceased
3. Slowed thinking
4. Dreams of the deceased
5. Sense of the loved one's presence
6. Wandering aimlessly
7. Trying not to talk about loss in order to help others feel comfortable
8. Needing to retell the story of the loved one's death

***Adapted from *Bereavement and Support,*
Marylou Hughes, LCSW, DPA (1995), 88.