**Becoming Families with Grief Reactions in Yourself and/or Others**

To help you process all that you’re feeling, here is a chart of grief behaviors that you can use every day or when you need to check in with yourself. Feel free to print it out and circle those that ring true to you in the moment. It may be helpful to share with a therapist or counselor to help process what you’re feeling and understand the skills that can help you work through them. Please remember that it is okay to ask for help.

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| **Physical** | **Emotional** | **Behavorial** |
| Upset  Pain  Exhaustion  Sleep changes  Appetite changes  Dry mouth  Muscle tension  Clumsiness  Low energy  Shortness of breath  Tightness in chest  Tightness in throat  Agitation  Sensitivity to light, smells, and sounds | Shock or numbness  Sadness  Guilt or regret  Anger  Emptiness  Relief  Irritability  Restlessness  Listlessness  Insecurity  Betrayal  Resentment  Desire to join loved ones  Feeling helpless  Feeling out of control | Crying  Sobbing  Wailing  Sitting quietly  Staying busy to avoid emotion  Avoiding situations that evoke grief  Talking aloud to loved ones  Channeling energy into activities  Looking at photos and videos of loved ones  Keeping a home altar  Carrying loved one’s belongings  Repeatedly visiting resting place |
| **Mental** | **Spiritual** | **Social** |
| Denial  Disbelief  Forgetfulness  Confusion  Disorientation  Difficulty concentrating  Shortened attention span  Minimal motivation  Retelling story of death  Memories of past losses  Dreams of loved ones | Mystery and wonder  Questions about afterlife and mortality  Questions about God and higher power  Affirmation of spiritual/religious believes  Questions about the whereabouts of loved one  Sensing the presence of loved one | Difficulty relating to friends  Difficulty making new friends  Isolation  Alienation  Shifting roles  New responsibilities  Not wanting to burden others  Withdrawing from activities  Low desire for conversation  Holding grief in to help others  Difficulty relating to those who are not grieving |