**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** |
| UpsetPainExhaustionSleep changesAppetite changesDry mouthMuscle tensionClumsinessLow energyShortness of breathTightness in chestTightness in throatAgitationSensitivity to light, smells, and sounds | Shock or numbnessSadnessGuilt or regretAngerEmptinessReliefIrritabilityRestlessnessListlessnessInsecurityBetrayalResentmentDesire to join loved onesFeeling helplessFeeling out of control | CryingSobbingWailingSitting quietlyStaying busy to avoid emotionAvoiding situations that evoke griefTalking aloud to loved onesChanneling energy into activitiesLooking at photos and videos of loved onesKeeping a home altarCarrying loved one’s belongingsRepeatedly visiting resting place |
| **Mental** | **Spiritual** | **Social** |
| DenialDisbeliefForgetfulnessConfusionDisorientationDifficulty concentratingShortened attention spanMinimal motivationRetelling story of deathMemories of past lossesDreams of loved ones | Mystery and wonderQuestions about afterlife and mortalityQuestions about God and higher powerAffirmation of spiritual/religious believesQuestions about the whereabouts of loved oneSensing the presence of loved one | Difficulty relating to friendsDifficulty making new friendsIsolationAlienationShifting rolesNew responsibilitiesNot wanting to burden othersWithdrawing from activitiesLow desire for conversationHolding grief in to help othersDifficulty relating to those who are not grieving |