

Characteristics of Grief

Shock & Numbness

short attention span
stunned disbelief . confusion
powerlessness . fear . restlessness
outbursts of anger . exhaustion
crying . heaviness in chest
feeling out of control

Searching & Yearning

searching for answers . blaming
jealousy . anger
questioning . guilt
irritable . impatient

Disorganization & Disorientation

social withdrawal . depression
anger . sadness
disorganized forgetfulness
lack of energy . guilt
feeling empty, lifeless or hopeless
feeling trapped in mourning

Reorganization & Resolution

sense of relief . renewed energy
able to make decisions easier
improved self-esteem
eating and sleep habits re-established
begin planning for the future