

Feelings You May Experience With Grief

Because grief can be so painful and because it seems overwhelming, it can be frightening. Many people worry about whether they are grieving in the "right" way and if the feelings they are having are normal.

It is important to talk about your thoughts and feelings with trusted people and to allow yourself to experience the feelings that accompany such an irreplaceable loss. Some of the normal reactions that one might have after the loss of a loved one are described below.

- Feel tightness in the throat or heaviness in the chest.
- Have an empty feeling in your stomach. Have a loss or increase in appetite.
- Feel guilty at times; angry at others.
- Feel restless and look for activity, but find it difficult to concentrate.
- Feel as though the loss isn't real; like it didn't actually happen.
- Sense the loved one's presence; like finding yourself expecting the person to walk into the room at the usual time, hearing their voice or seeing their face, or looking for them in usual places.
- Wander aimlessly and forget to finish things you've started.
- Have difficulty sleeping; may/may not dream of your loved one.
- Assume mannerisms or traits of your loved one.
- Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased.
- Feel angry at your loved one for leaving you.
- Feel as though you need to protect others who seem uncomfortable around you by not talking about your feelings of the loss.
- Have unexpected mood changes
- Cry at unexpected times

