Grief and Loss Checklist

Some Normal Grief Emotions

☐ Sad
☐ Hurt
☐ Horrified
☐ Afraid
☐ Miserable
☐ Lonely
☐ Shocked
☐ Questioning
☐ Thoughtful
☐ Overwhelmed
☐ Anxious
☐ Regretful
☐ Surprised
☐ Angry
☐ Numb
☐ Disappointed
☐ Envious
☐ Undecided
☐ Relieved
☐ Frustrated
☐ Self-blame
☐ Irritable

Some Physical Symptoms During Grief

☐ Tightness in chest/throat
☐ Feeling breathless or dizzy
☐ Feeling a racing or pounding heartbeat
☐ Overly sensitive to noise
☐ Nothing seems real
☐ Weak or tense muscles
Grief and Loss Checklist

☐ Lack of energy, fatigue
☐ Dry mouth
☐ Queasy stomach or nausea
☐ Feeling like there is a lump in your throat
☐ Headaches

Some Normal Thoughts When Grieving
☐ Disbelief – It feels like nothing that is happening is real
☐ Anger and blaming
☐ Confusion
☐ Unable to concentrate
☐ Thinking “too much” about the person who died
☐ Sense of the person who died being there with you
☐ Dreaming about the person who died
☐ Feeling of “going crazy”
☐ Sadness or depression

Some Normal Behaviors When Grieving
☐ Not being able to sleep
☐ Poor appetite
☐ Crying
☐ Sighing or yawning a lot
☐ Being “absent-minded” or not organized
☐ Restless or overactive
☐ Social withdrawal
☐ Doing things like the person who died

These five stages of loss can happen in any order:

- Denial
- Bargaining
- Anger
- Despair
- Acceptance