

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

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- 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