



GRIEF SUPPORT  
of the ROCKIES

www.griefsupportoftherockies.com

### Potential Symptoms of Grief

Physical Symptoms	Emotional Symptoms	Behavioral/Psychological Symptoms	Social Symptoms	Spiritual Symptoms
Fatigue/Exhaustion Weakness Shortness of breath Tightness in the throat Palpitations Nausea Diarrhea Constipation Aches and pains Stomach pain Back pain Headache Lightheaded Dizziness Trouble sleeping Change in appetite Change in weight Change in sex drive Crying Sighing Restlessness	Emotionally labile Sadness Anger Irritability Panic Anxiety Meaninglessness Helplessness Apathy Numbness Disbelief Denial Longing Abandonment Loneliness Self-blame Fear Guilt Relief	Forgetfulness Difficulty concentrating Slowed thinking Wandering aimlessly Feeling trance-like Sense of unreality or emptiness Dreams of the deceased Searching for the deceased Hallucinations of the deceased Sensing their presence Assuming mannerisms or traits Needing to retell the story of the death Avoiding talking about death so others won't feel uncomfortable	Overly sensitive Dependent Withdrawn Avoiding others Lack of initiative Lack of interest Hyperactive Under active Relationship difficulties Lowered self-esteem	Doubting belief system Questioning spiritual values Spiritual injury Loss of faith Disappointment in religion, clergy and church members Feeling betrayed by God or Spiritual Force Angry with God or Deity Preoccupied with own death Sensing presence (visual or auditory)

Adapted from: [http://dying.about.com/od/lossgrief/a/normal\\_grief\\_4.htm](http://dying.about.com/od/lossgrief/a/normal_grief_4.htm)  
 And Michelle A. Post, LMFT