

***Every person's grief is different. These are common feelings and experiences shared among grievers as they move through the grief process. You may not always experience symptoms in order, and you can re-experience earlier feelings at a later date. Just know that all of these are NORMAL!!***

## **1. Shock & Numbness**

(most intense during first 2 weeks)

Attention span is short  
Concentration is difficult  
Decision making impaired  
Stunned, disbelief  
Functioning impeded  
Denial  
Time Confusion  
Failure to accept reality

## **2. Searching & Yearning**

Sensitive to stimuli  
Anger, guilt, dreams  
Restless, impatient  
Double meaning  
Testing what is real  
Irritability, resentment, bitterness  
Weight gain or loss  
Sleep difficulties  
"Aching arms" (in pregnancy loss)  
Obsession with getting pregnant (in pregnancy loss)  
Preoccupation with the deceased (baby)  
Time confusion  
Palpitations, headaches, blurred vision  
Sighing  
Lack of strength  
Perception confirmation is the "key" to helping

## **3. Disorientation**

Think "I'm going crazy"  
Social withdrawal  
Disorganized  
Forgetful  
Awareness of reality  
Depressed  
Guilt  
Insomnia  
Anorexia  
Weight gain or loss  
Sense of failure  
Sadness  
Exhaustion  
Difficulty in concentration  
Feel ill  
Lack of energy

## **4. Reorganization/Resolution**

Sense of release  
Renewed energy  
Able to make decisions easier  
Eating and sleeping habits re-established  
Able to laugh and smile again  
Re-investing emotionally