



ARE MY FEELINGS NORMAL?

Because grief can be so painful and seems overwhelming, it frightens us. Many people worry if they are grieving in the 'right' way and wonder if the feelings they have are normal.

Most people who suffer a loss experience one or more of the following:

- Have an empty feeling in their stomach and lose their appetite.
- Feel guilty at times, and angry with others.
- Feel restless and look for activity but find it difficult to concentrate.
- Feel as though the loss is not real, that it did not actually happen.
- Sense the loved one's presence, like finding themselves expecting the person to walk in the door at the usual time, hearing their voice, or seeing their face.
- Wander aimlessly, forget, and don't finish things they've started to do around the house.
- Have difficulty sleeping, and dream of their loved one frequently.
- Experience an intense preoccupation with the life of the deceased.
- Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased.
- Feel intensely angry with the loved one for leaving them.
- Feel angry with people.
- Assume mannerisms or traits of their loved one.
- Feel as though they need to take care of other people who seem uncomfortable around them, by politely not talking about the feelings of loss.
- Need to tell, retell, and remember things about the loved one and the experience of their death.
- Feel their mood change over the slightest thing.
- Cry at unexpected times.

These are natural and normal grief responses.