Do Your Homework~

**Exercise: “WHAT’S IN YOUR GRIEF BUCKET”?**

This exercise will take 5-10 minutes.

Here are some **common grief reactions** in adults. Circle which are true for you at this time.

### Physical
- upset stomach
- pain
- exhaustion
- sleep changes
- appetite changes
- dry mouth
- muscle tension
- clumsiness
- low energy
- shortness of breath
- tightness in chest
- tightness in throat
- agitation
- sensitivity to light, smells, sounds

### Behavioral
- crying
- sobbing
- wailing
- difficulty crying
- sitting quietly
- staying busy to avoid emotion
- avoiding situations that provoke grief
- talking aloud to loved one
- energy is channeled into activities
- looking at photos and videos of loved one
- keeping a home altar
- carrying loved one’s belongings
- wearing loved one’s clothes
- repeatedly visiting ash site or cemetery

### Emotional
- shock, numbness
- sadness, sorrow
- guilt
- regret
- anger, rage
- emptiness
- relief
- irritability
- restlessness
- listlessness
- insecurity
- betrayal
- resentment
- desire to join loved one
- feeling helpless
- feeling out of control

### Social
- difficulty relating to old friends
- making new friends
- isolation
- alienation
- shifting roles
- not wanting to burden others
- withdrawing from activities
- low desire for conversation
- holding grief in to help others
- difficulty relating to those who aren’t grieving

### Mental
- denial
- disbelief
- forgetfulness
- confusion
- disorientation
- difficulty concentrating
- shortened attention span
- minimal motivation
- retelling story of death
- memories of past losses
- dreams or images of loved one
- expecting to hear from loved one

### Spiritual
- mystery & wonder
- questions about afterlife & mortality
- questions about God & higher power
- affirmation of spiritual/religious beliefs
- doubting spiritual/religious beliefs
- questions about the whereabouts of loved one
- sensing the presence of loved one

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Adapted from San Diego Hospice and *Men Don’t Cry, Women Do: Transcending Gender Stereotypes of Grief*, Martin & Doka