

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

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

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

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

SOCIAL

difficulty relating to old
friends
making new friends
isolation
alienation
shifting roles
new responsibilities
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