## Do Your Homework~ Exercise: "WHAT'S IN YOUR GRIEF BUCKET"?

This exercise will take 5-10 minutes. Here are some <u>common grief reactions</u> in adults. Circle which are true for you at this time.

## PHYSICAL **BEHAVIORAL** upset stomach crying pain sobbing exhaustion wailing **EMOTIONAL** sleep changes difficulty crying shock, numbness appetite changes sitting quietly dry mouth sadness, sorrow staying busy to avoid emotion muscle tension guilt, regret avoiding situations that provoke grief clumsiness anger, rage talking aloud to loved one emptiness low energy energy is channeled into activities shortness of breath relief looking at photos and videos of loved one tightness in chest irritability keeping a home altar tightness in throat restlessness carrying loved one's belongings listlessness agitation wearing loved one's clothes sensitivity to light, smells, sounds insecurity repeatedly visiting ash site or cemetery betrayal resentment desire to join loved one feeling helpless feeling out of control **SOCIAL** difficulty relating to old friends **MENTAL** making new friends denial **SPIRITUAL** isolation disbelief mystery & wonder alienation forgetfulness questions about afterlife & mortality shifting roles confusion questions about God & higher power new responsibilities disorientation affirmation of spiritual/religious beliefs not wanting to burden difficulty concentrating doubting spiritual/religious beliefs others shortened attention span guestions about the whereabouts of withdrawing from activities minimal motivation loved one low desire for conversation retelling story of death sensing the presence of loved one holding grief in to help memories of past losses others dreams or images of loved one difficulty relating to those expecting to hear from loved one who aren't grieving