Feelings
Sadness, anger, guilt, anxiety, loneliness, fatigue, helplessness, shock, emancipation, relief, numbness, irritability, yearning

Physical Sensations
Tightness in chest, hollowness in stomach, depersonalization, difficulty breathing, weakness, lack of energy

Cognitions
Disbelief, confusion, preoccupation, sense of presence of the deceased

Behaviors
Sleep or appetite disturbance, absent minded, social withdrawal, dreams, restlessness, crying, treasuring objects of the deceased, avoidance, restless overactivity, searching for the deceased

Normal Grief