

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

Normal Grief

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