



Emotional/Mental Symptoms Associated with Grief

Numbness/Shock, Denial
Feeling of “Unreality”, “Mildly Drunk”, or Post-Concussion
Memory and Concentration Disrupted
Difficulty Reading, Writing, Staying on Task
Confusion
Irrational Thinking ~ Obsessive Thinking
Error Prone
Disconnected
Loneliness/Detached in Middle of a Crowd
Ambivalence (Conflicted Feelings and Thoughts)
Forgetfulness
Inability to Focus Anger (Sometimes Displaced)
Guilt/Shame
Frustration
Obstinacy/Belligerence
Oversensitivity ~ Overreactivity
Difficulty Coping
Feeling Perpetually Overwhelmed
Hopelessness/Despair
Helplessness
Dependency
Fear/Dread
Pessimism/Feeling of Impending Doom
Fleeting Death Wishes
Insecurity ~ Powerlessness
Indecisiveness
Intolerance
Disillusionment
Rigidity
Longing/Yearning ~ Searching/Looking
Sensation that You Are Losing Your Mind
Worry ~ Vulnerability
Withdrawal/Hibernation/Isolation
Sense of Lack of Control
Bottomless Sorrow
Over-concentration (or Denial) of Faith/Religion
Relief
Acceptance
Peace