

GRIEF SYMPTOM CHECKER

PHYSICAL

- Empty / hollow stomach
- Tightness in the chest or throat
- Breathlessness
- Weakness in muscles
- Body aches and pains
- Dry mouth / lack of taste
- Lack of energy / lethargy
- Oversensitivity to noise
- Sleep disorders (sleeping too much or too little)
- Appetite; over-eating or not eating
- Sighing often

EMOTIONAL

- Sadness
- Anger
- Irritability
- Guilt
- Anxiety
- Loneliness
- Fatigue; exhaustion
- Helplessness
- Shock
- Yearning
- Relief; over suffering and pain
- Relief; for freedom: difficult relationship
- Numbness
- Overwhelmed
- Frustration
- Resentment; of others 'moving on'

SOCIAL

- Crying; sometimes unexpectedly
- Social withdrawal
- Avoiding reminders of the deceased
- Restless overactivity
- Carrying objects / belongings of deceased
- Visiting places which remind
- Mood swings
- Distress before, and on important dates
- Difficulty making decisions
- Cleaning / clearing
- Preserving rooms / items
- Creating tributes / shrines
- Retelling of the death / story
- Ritualising
- Blaming self or others

OUT OF WORLD SENSES

- Disbelief
- Lack of concentration
- Confusion
- Preoccupation
- Forgetfulness / Absentmindedness
- Hallucinations
- Sense of loved one's presence, voice, smell
- Things don't seem real
- Expecting the person to walk in the door
- Loss of life having meaning
- Vivid dreams / nightmares
- Calling and searching
- Fear of forgetting the loved one
- Feeling 'crazy'
- Questioning faith / religion