



# Pathways through Grief

Part of the Grief Information Series from Spicer-Mullikin Family Aftercare Services

## Normal Grief

*Some or all of these are often present in normal grief. Expect them to still be present after 6 months and they may last as long as two years or more. You will experience "STUGS" (Sudden Temporary Upsurge of Grief) for the rest of your life, but they will diminish in intensity and frequency.*

### Behaviors

- \*crying
- \*problems being alone
- \*losing things
- \*seeing, hearing or sensing the presence of the deceased
- \*preference for being alone
- \*inability to complete tasks

### Feelings

- \*sadness
- \*anger
- \*guilt
- \*anxiety/panic
- \*loneliness
- \*fear
- \*helplessness
- \*shock, numbness
- \*yearning
- \*depression
- \*emptiness

### Mental states

- \*forgetfulness
- \*difficulty concentrating
- \*inability to make decisions
- \*daydreaming
- \*all-consuming focus on death or person who died
- \*awareness of loss of control
- \*absentmindedness
- \*confusion

### Physical sensations

- \*feeling run-down or exhausted
- \*frequent colds
- \*loss or increase of appetite
- \*lightheadedness
- \*gnawing sensation in stomach
- \*miscellaneous pains
- \*digestive disturbances
- \*sleep problems
- \*restlessness
- \*lethargy

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