Things You Should Know About Grief….

1. Your grief will take longer than most people think

2. Your grief will take more energy than you would have ever imagined.

3. Your grief will involve many changes.

4. Your grief will show itself in all parts of your life: physical, social, and emotional

5. You will grieve the loss of many things, not just the death alone.

6. You will grieve for what you have lost in the present and for what you have lost for the future.

7. Your grief will involve mourning not only for the actual person you lost but also for all the hopes, dreams and unfulfilled expectations you held for/and with that person, along with needs that will go unmet because of the death.

8. You grief will involve a wide variety and combination of feelings and reactions such as anger, sadness, loneliness, irritability, frustration, annoyance, or intolerance.

9. The loss will bring out old issues, feelings and unresolved conflict from the past.

10. You will have a sense of loss of identity as the result of this major loss and you will experience reactions and feelings that are new and different for you.

11. You may feel anger and/or guilt, or some variation of these emotions.

12. You may have a lack of self-concern or interest in things going on around you.

13. You may experience a grief burst, a sudden burst of feeling that hits you without warning.

14. You may have trouble thinking, concentrating, and/or making decisions.

15. You may feel like you are going crazy.

16. You may be obsessed with death and preoccupied with the deceased.

17. You may begin a search for meaning and may question your religion and or definition of life.

18. You may find yourself acting socially in ways that are differently from before.

19. Society will have unrealistic expectations about your grief journey and may respond inappropriately to you.

20. Certain experiences later in life may temporarily bring back your grief: such as certain dates, events, sounds, smells, sights, memories that remind you of the person who died.