

Because Grief Can Be So Painful...

Because grief can be so painful and because it seems overwhelming, it frightens us. It is important to cry and talk with people about your feelings. Many people worry if they are grieving in the "right" way and they wonder if the feelings they have are normal. People who suffer a loss may experience several reactions. The bereaved person might:

- Feel tightness in the throat or heaviness in the chest
- Experience loss or increase of appetite
- Feel guilty at times, angry at others
- Feel restless and look for activity but find it difficult to concentrate
- Feel as though the loss isn't real; that it didn't actually happen
- Sense the loved one's presence, like expecting her/him to walk in the door at the usual time, hearing his/her voice, seeing his/her face
- Wander aimlessly and forget to finish things
- Have difficulty sleeping
- Experience an intense preoccupation with the life of the deceased
- Assume mannerisms or traits of the loved one
- Feel intensely angry at the loved one for leaving
- Feel the need to protect others who seem uncomfortable by not talking to them about the feelings of loss
- Feeling an overwhelming need to protect other loved ones
- Need to tell and retell the experience of the death of the loved one
- Have unexpected mood changes
- Cry at unexpected times

These are normal and natural grief responses.