



UK COUNSELING CENTER HANDOUT ON GRIEF

*Grief can affect our physical, social, mental, and spiritual lives as well as how we behave.

*All these effects are NORMAL—we worry only if they go on over a long period of time, or if they are so intense you are unable to manage your life.

*This list can help you identify effects and help you discuss your experience with your counselor.

Check the items that apply:

PHYSICAL

- Exhaustion/Fatigue
- Tightness in throat
- Breathing difficulties
- Increased heart rate
- Head/body aches
- Increased illness
- Hollowness in stomach
- Muscle weakness
- Numbness
- Dry mouth
- Shakiness and dizziness
- Pain
- Disturbed sleep

EMOTIONAL

- | | |
|---------------------------------------|----------------------------------------|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Shock |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Outburst |
| <input type="checkbox"/> Guilt | <input type="checkbox"/> Fearful |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Blandness |
| <input type="checkbox"/> Pining | <input type="checkbox"/> Self-pity |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Anxiety/panic |

SOCIAL EFFECTS

- Acting angry or hostile
- Withdrawing from usual activities
- Avoiding friends and family
- Bland reaction to others
- Anguish
- Overly sensitive
- Dependent on others
- Wanting to be with others
- Wanting to be alone
- Wanting to talk about the deceased
- Not wanting to talk about deceased

MENTAL/COGNITIVE

- Loss of concentration
- Difficulty focusing
- Difficulty making decisions
- Denial of reality of death
- Preoccupation with thoughts of deceased
- Having a sense of unreality
- Forgetfulness or absentmindedness
- Suicidal thoughts

BEHAVIORAL

- Decreased motivation
- Restlessness
- Overactivity
- Loss of interest
- Increased absenteeism
- Impatience
- Irritability
- Conflict with others
- Tardiness
- Inability to organize
- Sense of loved one's presence
- Searching for the deceased
- Tells and retells the loss experience
- Dreams of the deceased
- Sighs, moans, sobs

SPIRITUAL EFFECTS

- Anger at God
- Spiritual emptiness
- Loss of meaning in life
- Feeling punished
- Asking, "Why me?"
- Feeling abandoned by God
- Feeling punished by God
- Thinking, "It's not fair."
- Feeling isolated and disconnected

You might need counseling help with your grief, if ...

- You feel you have nowhere to tell your story.
- People tell you to "get over it," and you can't.
- You are not able to focus on your studies at all.
- You feel guilty.
- You are sleeping too much, or you are not sleeping at all.
- You have been extremely anxious or are having panic attacks.
- You are withdrawing from usual activities, and it has been several months since the loss.
- You are afraid to be alone.
- You are feeling spiritually empty.
- You are feeling isolated or disconnected.
- You are having suicidal thoughts or hurting yourself.