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**

☐ Exhauastion/Fatigue  ☐ Tighness 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**

☐ Crying  ☐ Pain  
☐ Mood swings  ☐ Anger  
☐ Hopelessness  ☐ Shock  
☐ Sadness  ☐ Outburst  
☐ Guilt  ☐ Fearful  
☐ Numbness  ☐ Blandness  
☐ Pining  ☐ Self-pity  
☐ Overwhelmed ☐ 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.