

Reactions to Loss

Physical Symptoms

headaches
sleep disturbances
stomach pain/upset
urinary frequency
feeling "outside the self"
fatigue
flare-up of chronic conditions:

weight loss/gain
body pain
shortness of breath
blurred vision
lack of energy
hypertension
asthma, arthritis, etc.

dry mouth
menstrual changes
chest tightness
constipation
weakness
back pain
shakiness

Feelings

sadness
loneliness
emptiness
shock
helplessness
anxiety
guilt
frustration
envy

yearning
disbelief
anger
self-blame
irritability
embarrassment
confusion
resentment
bitterness

despair
relief
missing
panic
numbness
depression
lack of control
lowered self-esteem

Behavioral Responses

social withdrawal
dreaming/nightmares
absentmindedness
loss of interest
changes in eating habits

lack of motivation
difficulty concentrating
chemical use/abuse
decreased productivity

avoidance
crying
hostility/aggression
treasuring objects

Thoughts

"I think I'll never get over it."
"What's going to happen to me?"
"I wish it had been me instead."
"I feel so scared and lonely."

"I can't concentrate."
"I should have done more."
"What if I lose someone else?"
"I think I'm going crazy."

"I feel numb."
"I can't handle this."
"WHY?"