



## When You Are Grieving

- Your grief will take longer than most people think, and longer than you expect.
- Your grief will take more energy than you would have ever imagined.
- Your grief will change over time.
- Your grief will show itself in all spheres of your life: emotionally, socially, physically and spiritually.
- Your grief will entail mourning not only for the actual person you lost but also for all of the hopes, dreams and unfulfilled expectations you held for and with that person, and for the needs that will go unmet because of the death.
- You may experience a combination of anger and depression, and feel irritable, frustrated, annoyed and/or intolerant.
- You may experience grief spasms, acute upsurges of grief that occur suddenly with no warning.
- You will have trouble thinking (memory, organization and mental processing) and making decisions.
- You may feel like you are going crazy.
- You may begin a search for meaning and may question your religion and/or philosophy of life.
- You may find yourself acting socially in ways that are different than before.
- You may find yourself having a number of physical reactions.