



# Common Grief Reactions

<h2>Physical</h2>	<h2>Emotional</h2>	<h2>Mental</h2>
<h2>Social</h2> <ul style="list-style-type: none"> <li>▪ Being isolated by others</li> <li>▪ Withdrawing from social activities</li> <li>▪ Diminished desire for conversation</li> <li>▪ Being “widowed”, “single”, etc.</li> <li>▪ Hide grief to “take care of others”</li> <li>▪ Lose friends, make new friends</li> </ul>	<h2>Behavioral</h2> <ul style="list-style-type: none"> <li>▪ Crying (sometimes unexpectedly)</li> <li>▪ Searching for the deceased</li> <li>▪ Carrying special objects</li> <li>▪ Going to the grave site</li> <li>▪ Making &amp; keeping an altar</li> <li>▪ Keeping belongings intact</li> <li>▪ Looking at photos/ videos</li> <li>▪ Talking to the deceased</li> <li>▪ Avoiding situations that arouse grief</li> <li>▪ Changes in daily routine</li> <li>▪ “Staying busy”</li> <li>▪ Assuming mannerisms of the deceased</li> </ul>	<h2>Spiritual</h2> <ul style="list-style-type: none"> <li>▪ Questions about God:               <ul style="list-style-type: none"> <li>▪ <i>Why would God allow this?</i></li> </ul> </li> <li>▪ Questions about deceased:               <ul style="list-style-type: none"> <li>▪ <i>Where are they now?</i></li> <li>▪ <i>Are they okay?</i></li> <li>▪ <i>Can they see me?</i></li> <li>▪ <i>Will I see them again?</i></li> <li>▪ <i>What will happen when I die?</i></li> </ul> </li> <li>▪ Sensing the deceased’s presence</li> <li>▪ Hearing, smelling, or seeing the deceased</li> <li>▪ Death affirms or challenges beliefs</li> <li>▪ Awe, wonder, mystery</li> </ul>