

Characteristics of Grief

Normal Characteristics

1. Insomnia or too much sleep.
2. Loss of appetite.
3. Weight loss or gain.
4. Increased or decreased interest in sex.
5. Physical complaints which may include fatigue, dizziness, excessive sweating, skin rashes, heart pains, chest or throat tightness.
6. Breathlessness or sighing.
7. Lack of energy.
8. Unpredictable or erratic behavior.
9. Crying spells.
10. Mood swings.
11. Restlessness.
12. Inability to concentrate.
13. Forgetfulness.
14. Irritability.

Abnormal Characteristics

1. Denial, after a prolonged period, that the loss has occurred.
2. Prolonged preoccupation with what was not done or said before the loss.
3. No emotions- repression or denial of anger.
4. Angry explosions at insignificant events.
5. "Frenzied" behaviors- staying excessively busy.
6. Physical complaints- new or exacerbated old pains.
7. Extreme preoccupation with the loss at the second anniversary.
8. Attitude of helplessness, hopelessness, or social withdrawal.
9. Excessive drinking.
10. Suicidal thoughts.
11. Excessive, extreme anger toward individuals.