



Feelings and Behaviors Associated with the Grieving Process

A wide variety of feelings and behaviors associated with the death of a loved one has been identified. Not everyone experiences all of these. Any or all of those listed here should be considered natural and normal in association with the death of a loved.

- Initially, a sense of shock and feeling “numb” that is, feeling a “lack of feelings”.
- Profound sense of sadness, often accompanied by crying.
- Crying at unexpected times.
- Need to withdraw socially from time to time.
- Sense that “Nobody really understands “.
- Guilty feelings, sense of “If only I had... “.
- Sense of relief especially if the person who died suffered before the death.
- Sense of relief if the person who died caused the bereaved or other loved ones physical and / or emotional pain.
- Guilty feelings associated with a sense of relief that the person has died. This may be especially so when the deceased and / or the family had been suffering due to physical or emotional illness or issues prior to the death.
- Guilt feelings associated with being the survivor, a sense of “ I should have been the one to die” rather than the person who did die.
- Feelings of regret regarding your behavior and / or the behavior of the deceased.
- Feelings of anger associated with a sense of helplessness and frustration in not having been able to “ do anything “ .
- Feelings of anger toward the person who died for “leaving” you.
- Need to blame someone or something for this death.
- A sense of “yearning” for the person who died .
- Feelings of anxiety associated with a sense of insecurity and fears such as, “ I can’t survive without him “.



- Feelings of anxiety associated with a sense of insecurity and fears such as, “ I can’t survive without him “.
- Feelings of anxiety and fear associated with suddenly confronting the reality of death and your own mortality.
- Feelings of loneliness and being “ different ” .
- Overall feelings of helplessness.
- Need to hold or be close to objects that belonged to the person who died.
- Need to visit places that were significantly related to the person who died.
- Restlessness, inability to relax or concentrate at times.
- Intense preoccupation with the deceased .
- Increased sense of fatigue, decreased level of energy.
- Difficulty sleeping.
- Changes in appetite, may increase or decrease.
- Dreams of the person who died.
- Involuntary “ calling out “ for the person who died.
- Sense of presence of the person who died .
- Avoidance of anything and /or anyplace associated with the person who died.
- Feeling a need to take care of others who seem uncomfortable , they seem unsure of what to say, and unsure of how to behave.



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