

Common Reactions

The following are common feelings and behaviors, which you may have recognized in yourself:

- ↻ Numbness, shock, sadness, guilt, fear, anger*
- ↻ Confusion, disorganization, forgetfulness*
- ↻ Frequent crying or difficulty crying*
- ↻ Changes in eating and sleeping patterns*
- ↻ Increased use of medications*
- ↻ Fatigue, breathlessness, empty feeling*
- ↻ Touchiness, social withdrawal, loneliness*
- ↻ Lessening of hope and meaning in life, difficulty praying*

After losing an important person in your life, it is natural to experience feelings and changes in behavior, which may concern you. Each person's grief is unique, and depends on several things, such as your personality and coping style; your relationship to the person; the circumstances of the death; and the support you receive from others.

Reactions



Your grief reaction is likely to be stronger or longer if any of the following are true:

- The relationship with the deceased was very intense*
- You and/or the deceased were very dependent on each other*
- The relationship was unhappy*
- The death was unexpected or complicated*
- You have difficulty expressing your feelings*
- You have had recent or prior unresolved losses*
- You have few people that you can rely on*

You may find grieving very painful and almost unbearable. While many people believe they are losing their minds, this is rarely the case. Usually, the intensity gradually diminishes, and when it doesn't, there is always help available.

If you are unsure about your own reaction or that of another person, reach out to someone you consider objective and a good listener. The hospice staff is an available resource for you.