

# Symptoms of Grief

By

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You will experience your loss in your own unique manner. There are common symptoms and processes of grieving and it is helpful to understand these varying symptoms, tempered with the knowledge that there is not a correct order or a specific time frame that you will experience with the grieving processes, but rather you may travel back and forth between these processes. Many often speak of the grieving process as, "Taking one step forward and two steps backward. It is helpful to remember that almost anything that you experience in the early stages of grief is normal – including feeling like you're going crazy or feeling like you're in a bad dream and even questioning your religious beliefs.

As you read the following grieving processes remember that there isn't a correct order in which to experience the listed symptoms of neither grief nor a particular time frame.

- **Shock, numbness and disbelief:** Right after a loss, it may be difficult to accept what has happened. You may feel numb and unable to think, make decisions, answer simple questions. You may even deny the truth. You may feel as if your loved one is going to walk through the door or look for them in a crowd.
- **Sadness** – Deep profound sadness is the most universally experienced manifestation of grief.. You may cry a lot or at unexpected times, you may feel emotionally unstable or as if you are losing your mind.
- **Guilt** – If there was a prolonged illness you may feel guilty for feeling relief. Even if there wasn't anything you could do to prevent your loved one from passing on, you may feel guilty for not having done something or you may feel guilty about what you did or did not say.
- **Anger** – Anger is a common reaction to loss, even if it wasn't anyone's fault. You may become angry at yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.
- **Fear** – The loss of a loved one can trigger fears about your own mortality, or facing life and the responsibilities you now face alone. .A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks.

**Physical symptoms** – We often think of grief as a strictly emotional process, but grief often involves physical problems, including fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains, and insomnia.