






# Manifestations of Grief adapted from [www.goodgrief.org](http://www.goodgrief.org)

 <p><b>Physi cal</b></p>	 <p><b>Emoti onal</b></p>	 <p><b>Cogni tive</b></p>	 <p><b>Social</b></p>	 <p><b>Spirit ual</b></p>
<p>Lack of energy Stomachaches Chest pain or tightness Shortness of breath Dryness or lump in the throat Multiple pains and other muscle aches Dizziness</p>	<p>Sadness Anger Fear Guilt Shame</p>	<p>Responding sluggishly Difficulty concentrating Memory loss Loss of interest in usual activities Loss of pleasure General numbness Intrusive thoughts about the deceased</p>	<p>Being isolated by Others Withdrawing from social activities Diminished desire for conversation Being "widowed", "single," etc, Hides grief to "take care of others" Lose friends, makes new friends Redefining oneself</p>	<p>Questions about God: Why would God allow this? Questions about the deceased: Where are they now? Sensing the deceased's presence Beliefs Awe, wonder, mystery Continuing relationship with the deceased</p>