

What Does Grief Look Like?



Emotional

Grief often expresses itself through different emotions, such as sadness, anger, shock, relief, guilt, etc., and we can experience multiple emotions at the same time.

Cognitive

We can experience many different patterns of thought in grief, such as disbelief, confusion, memory loss, and difficulty processing information. These are typical of early grief but are usually short term.



Physical

Physical sensations are often overlooked when considering grief. For many people, the physical reactions can surprise and frighten them.

Social

Grief can express itself through our relationships and social interactions. We might find ourselves withdrawing from friends and family, we might have problems being in groups, and many times our personal relationships experience increased stress.



Behavioral

Behavioral expressions of grief such as sleep and eating disturbances, loss of interest in activities, and avoiding reminders of the person who died typically correct themselves as we mourn our loss.

Spiritual

A significant loss can leave us searching for a sense of meaning. It can shake or even shatter our basic assumptions about the world, and it can impact our spiritual beliefs or faith.

