**Some Common Normal Grief Reactions**

<table>
<thead>
<tr>
<th>Feelings</th>
<th>Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sadness</td>
<td>Social withdrawal</td>
</tr>
<tr>
<td>Anger</td>
<td>Dreams of deceased</td>
</tr>
<tr>
<td>Guilt and self-reproach</td>
<td>Avoiding reminders of deceased</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Searching and calling out</td>
</tr>
<tr>
<td>Loneliness</td>
<td>Sighing</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Restless overactivity</td>
</tr>
<tr>
<td>Helplessness</td>
<td>Crying</td>
</tr>
<tr>
<td>Shock</td>
<td>Visiting places or carrying objects</td>
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<tr>
<td>Yearning</td>
<td>Treasuring objects</td>
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<tr>
<td>Emancipation</td>
<td></td>
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<tr>
<td>Relief</td>
<td></td>
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<tr>
<td>Numbness</td>
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</tbody>
</table>

**Physical**

- Sleep disturbances
- Appetite disturbances
- Hollowness in stomach
- Tightness in chest
- Tightness in throat
- Oversensitivity to noise
- Depersonalization
- Breathlessness, feeling short of breath
- Weakness in muscles
- Lack of energy
- Dry mouth

**Thinking**

- Disbelief
- Confusion
- Preoccupation
- Loss of memory
- Absent-mindedness

**Tasks of Grieving**

1. To accept the reality of the loss.
2. To express grief’s pain and emotion.
3. To adjust to an environment where the deceased is missing.
4. To redirect emotional energy to other meaningful outlets in our outer world.

Four tasks of mourning were identified by William Worden as one model for viewing the grief process. Looking at the grief process as tasks to be worked through can assist the grieving person with healing.

From the ideas of William Worden (Grief Counseling and Grief Therapy)
Suggested Reading

Bozarth-Campbell, Alla  
*Life is Goodbye, Life is Hello*

Caine, Lynn  
*Widow*

Deits, Bob  
*Life After Loss: A Practical Guide to Renewing Your Life After Experiencing Major Loss*

Didion, Joan  
*A Year of Magical Thinking* [for widows]

Doka, Kenneth  
*Living With Grief*

Eldon, Amy and Eldon, Kathy  
*Angel Catcher: A Journal of Loss and Remembrance*

Grollman, Earl A.  
*Living When a Loved One has Died*

Kreis, Bernadine and Pattie, Alice  
*Up From Grief: Patterns of Recovery*

Kushner, Harold  
*When Bad things Happen to Good People*

Rando, Therese  
*How to Go on Living When Someone You Love Has Died*

Schiff, Harriet Sarnoff  
*Beyond Grief*

Staudacher, Carol  
*A Time to Grieve: Meditations for Healing After the Death of a Loved One*

Stearns, Ann Kaiser  
*Living Through Personal Crisis*

Temes, Roberta  
*Living With an Empty Chair*

Wolfelt, Alan  
*Understanding Your Grief: Ten Essential Touchstones for finding Hope and Healing Your Grief*