

GriefPlan.com

with Dr. Jason Troyer



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Common Grief Responses & Reactions

Physical

- Headaches, Muscle Aches
- Nausea, Pain
- Tiredness & Exhaustion
- Insomnia, Early Wakening
- Loss of Appetite
- Tenseness, Sensitivity to Noise

Cognitive

- Obsessive Thinking
- Inability to Concentrate
- Fantasizing & Daydreaming
- Vivid Dreams
- Disorientation & Confusion
- Unexplained Experiences;
Sensing Deceased's Presence

Emotional

- Sadness
- Anger & Guilt
- Anxiety & Fear
- Shame
- Powerless & Hopeless
- Relief & Emancipation

Spiritual

- Searching for Meaning
- Changes in Spiritual Beliefs
- Questioning Beliefs
- Anger towards God
- Sense of Peace & Comfort

Journal Prompts

- Which reactions have you experienced?
- What reactions have you experienced simultaneously?