

GriefPlan.com

with Dr. Jason Troyer



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Am I Going Crazy? Unusual Grief Experiences

Types of *Unusual Grief Experiences*

- Seeing, hearing, or feeling your deceased loved one; feeling a strong sense of their presence, unexplained events, atypical occurrences
- Most unusual grief experiences are normal and are NOT a sign of dementia or other problems

Journaling Topics: Describe your unusual experience(s)? What happened? When & where did it happen? What did it mean to you? Did you tell anyone about it? What do you think caused it? Did you find the experience to be comforting? Scary? Do you wish it would happen again?