

Common Reactions to Grief

Spiritual Effects

Spiritual disconnection with God
Questioning God and theological beliefs
Anger at God
Spiritual emptiness
Withdrawal from faith community
Guilt for feelings, i.e. anger, desire for vengeance etc.

Physical Effects

Fatigue, exhaustion, sleep disturbances
Increased physical pain
Cardiovascular strain
Reduced immune response
Decreased appetite
Nausea, dizziness, headaches
Gastrointestinal problems, digestive problems
Increased startle response
More accident prone

Emotional Effects

Shock, fear/terror
Irritability, anger
Sadness, depression, despair
Loss of pleasure from familiar activities
Nervousness
Blame or guilt
Emotional numbness
Helplessness, sense of alone

Cognitive Effects

Impaired concentration
Impaired decision-making
Memory impairment
Disbelief, confusion
Self-blame
Decreased self-esteem
Worry
Dreamlike or spacey feeling

Interpersonal Effects

Increased relational conflict
Impaired work or school performance
Feeling abandoned/rejected
Social withdrawal, alienation
Decreased satisfaction
Distrust
Over protectiveness