



# MY SIGNS OF GRIEF

How grief has been affecting your emotions, your behaviours and your body.

Place a mark next to the signs of grief you have been experiencing...

## emotionally...

- What has happened is unbelievable.
- Everything is disorganised.
- I feel out of control and get in a panic.
- I feel powerless.
- I feel empty or nothing at all.
- I feel sad all the time.
- I want things how they were before.
- I get really, really angry.
- I feel alone ... no one understands me.
- I blame myself for what happened.
- I feel guilty if I feel happy or have fun.
- I feel I need to take care of \_\_\_\_\_  
... Because something might happen to them too ... I need to fix their feelings and make everything better.



## behavioural ...

- I don't want to go to school.
- I feel sick.
- I can't concentrate.
- I am uncooperative .. no matter what!
- I don't want to be alone by myself.
- I get annoyed at little things.
- I hit, kick or punch others ... or things.
- I don't want to play or participate.
- I want to stay home and see no one.
- I get upset when my parent leaves me.
- I try to cheer other up.
- I need help to do things, I used to do by myself.



## physically...

- At times, I feel like I can't breathe.
- My throat tightens up.
- My head aches.
- My tummy swirls.
- I want to scream!
- I get restless ... I can't sit still.
- I keep waking up during the night.
- I can't sleep ... my mind races.
- I wet the bed.
- My heart feels sore.
- I have nightmares.
- My appetite has changed.
- I get nervous.

