

- Your grief will entail mourning not only for the actual person you lost, but also for all of the hopes, dreams, and unfulfilled expectations you held for and with that person.
- Your grief will involve a wide variety of feelings and reactions, not solely those that are thought of as grief, such as sadness, anger and anxiety.
- This loss may resurrect old issues, feelings and unresolved conflicts from the past.
- You may experience grief bursts, intense periods of grief that occur suddenly with no warning.
- You may have a lack of self-concern, even amounting to neglect, and may be confused about who you are.
- You may have trouble thinking (memory, organization, decisions, etc.).
- You may feel like you are going crazy at times.
- You may feel preoccupied with your loved one and their death.
- It is likely you will question your concepts of the meaning of life, spirituality, love, etc.
- These thoughts are typical and natural and will gradually resolve.
- You may find yourself having a number of physical reactions.
- Society will have some unrealistic expectations about your mourning and people may respond inappropriately to you.
- You may find that there are certain dates, events, and stimuli (special songs, smells, and locations) that bring about grief bursts.

From: How to Go On Living When Someone You Love Dies, by Theresa A. Rando

**Your healing will take longer and require more energy
than you would have ever imagined.**

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