

Table 16-2: Common Reactions to Grief

Physical	Emotional	Behavioral	Cognitive	Spiritual	Social
<ul style="list-style-type: none"> • Dizziness • Breathlessness • Hollowness in the stomach • Tightness in the throat/chest • Dry mouth • Changes in energy level • Loss of sexual desire 	<ul style="list-style-type: none"> • Numbness • Yearning • Sadness • Anger • Guilt • Anxiety • Loneliness • Relief 	<ul style="list-style-type: none"> • Indecisiveness • Sleep disturbance • Changes in appetite • Absent-minded • Social withdrawal • Crying • Sighing • Searching • Increased use of alcohol, tobacco or tranquilizers 	<ul style="list-style-type: none"> • Disbelief • Confusion • Sense of “going crazy” • Preoccupation with the deceased • Sense of presence 	<ul style="list-style-type: none"> • Search for meaning • Loss of faith • Comfort from faith • Changes in relationship with God • Alienation 	<ul style="list-style-type: none"> • Passive • Hyperactive • Withdrawn • Unpredictable mood swings