



APPROPRIATE EXPECTATIONS FOR YOURSELF IN GRIEF

- Your grief may take longer than most people think.
- Your grief may take more energy than you would have ever imagined.
- Your grief may involve many changes and be continually developing.
- Your grief may show itself in many spheres of your life in your emotions, your body, your thoughts and in relationships with others, yourself and even your higher power.
- You may grieve for what you have already lost and for what you would have lost in the future.
- Your grief may 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, and for the needs that will be unmet because of the death.
- Your grief may involve a wide variety of feelings and reactions, not solely those that are generally thought of as grief, such as depression and sadness.
- The loss may resurrect old issues, feelings and unresolved conflicts and losses from the past.
- You may have some identity confusion as a result of this major loss and the fact that you are experiencing reactions that may be quite different for you.
- You may have a combination of anger and depression such as: irritability, frustration, annoyance or tolerance.
- You may feel some anger, fear and guilt or, at least, some manifestation of these emotions.
- You may have a lack of self-concern.
- You may experience grief spasms which are acute upsurges of grief that occur suddenly with no warning.
- You may have trouble thinking (memory, organization and intellectual processing) and making decisions.
- You may feel like you are losing control of your senses.
- You may be obsessed with the dying and preoccupied with the deceased.