

## **BUT YOU'RE ABSOLUTELY NORMAL**

Grief is a normal reaction to loss and it shows up in ways you might not expect. If you've:

1. been angry with doctors or nurses for not doing enough
2. been angry with yourself for not taking more heroic steps
3. been sleeping too much or not enough
4. noticed a change in appetite
5. felt that no one understands what you're going through
6. felt that friends should call more or call less or leave you alone or invite you along more often
7. bought things you didn't need
8. considered selling everything and moving
9. had headaches, upset stomachs, weakness, lethargy
10. been unbearably lonely and depressed
11. cried for no apparent reason
12. found yourself obsessed with thoughts of the deceased
13. been forgetful, confused, uncharacteristically absent-minded
14. panicked over little things
15. felt guilty about things you have or haven't done
16. forgotten why you went somewhere
17. called friends and talked for a long time
18. called friends and wanted to hang up after only a brief conversation
19. not wanted to attend social functions you usually enjoyed
20. been angry for being left alone
21. found yourself unable to concentrate on written material
22. been unable to remember what you just read

...you're absolutely normal. These are all common reactions to grief; you may have experienced one, a few, many, or none of the above. Grief is a very complex experience. Everyone experiences grief differently, and there is no fixed time to indicate when you will feel "normal" again. You'll never forget the person who died, but your life will again become alright, although it will never be the same. Take care of yourself.