

EXPECTATIONS OF GRIEF

FOLLOWING IS A LIST OF APPROPRIATE EXPECTATIONS THAT YOU MAY HAVE WHILE EXPERIENCING GRIEF.

YOU CAN EXPECT THAT:

1. Your grief will take longer than most people think.
2. Your grief will take more energy than you would have imagined possible.
3. Your grief will go through many changes and continuous development.
4. Your grief will show itself in all spheres of your life – psychological, social, and physical.
5. Your grief may depend upon how you perceive the loss.
6. You may grieve for many things both symbolic and tangible; not just the death alone.
7. You may grieve for what you have lost already as well as what you have lost in your future.
8. 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 go unmet because of the death.
9. Your grief may involve a wide variety of feelings and reactions, not solely those that are generally thought of as a grief, such as depressive symptoms and sadness.
10. The loss may resurrect old issues, feelings, and unresolved conflicts from the past.
11. 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 unfamiliar to you.
12. You may have a combination of anger and depressive symptoms, such as irritability, frustration, annoyance, or intolerance.
13. You will feel some anger and guilt, or at least some manifestation of these emotions.
14. You may have a lack of self-concern.
15. You may experience grief spasms; acute upsurges of grief that occur suddenly without warning.
16. You will have trouble thinking (memory, organization and intellectual processing) and making decisions.

17. You may feel as if you are going crazy.
18. You may be obsessed with the death and preoccupied with the deceased.
19. You may begin a search for meaning and may question your religion and/or philosophy of life.
20. You may find yourself acting socially in ways that are different from before.
21. You may find yourself having a number of physical reactions.
22. Society will have unrealistic expectations about your mourning and may respond inappropriately to you.
23. You may find that there are certain dates, events, and stimuli that bring upsurges in grief.
24. Certain experiences later in life may temporarily resurrect intense grief for you.

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