

Normal Grief Reactions

These are natural, normal grief responses.
It is important to reach out and talk with others,
And to cry when you need to.

It's hard to communicate with my parents.

I feel as if it isn't real

I have trouble focusing on school work.

I can't eat anything.

I sense my loved one's presence.

I have an empty feeling.

I'm afraid, I'm worried.

So much more is expected of me now.

Sometimes I feel physically sick.

My friends don't know what I'm feeling.

I'm relieved that it's over.

I can't sleep at night.