



Expectations You May Have For Yourself in Grief

Your Grief May:

- *Take longer than most people think.*
- *Take more energy than you would have ever imagined.*
- *Involve many changes and be continually developing.*
- *Show itself in all spheres of your life: psychological, social, and physical.*
- *Entail mourning not only for the actual person you lost, but also for all 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.*
- *Involve a wide variety of feelings and reactions, not solely those that you generally think of as grief.*

You May Grieve:

- *For many things both symbolic and tangible, not just the physical presence of your loved one.*
- *For what you have lost already and for what you have lost for the future.*

You May Feel:

- *A range of emotions such as anger and sadness, irritability, frustration, annoyance, or intolerance.*
- *A lack of self-concern.*
- *Strong feelings of loss that occur suddenly with no warning.*
- *Preoccupied with the death experience.*

The loss may resurrect old issues, feelings and unresolved conflicts from the past.

You May Find:

- *Yourself acting socially in ways that are different from before.*
- *Yourself having a number of physical reactions.*
- *That there are certain dates, events, and stimuli that bring up strong feelings of loss.*
- *Society will have unrealistic expectations about your mourning and may respond inappropriately to you.*
- *That you have trouble thinking (memory, organization and intellectual processing) and making decisions.*

You may begin a search for meaning and may question your religion and/or philosophy of life.