

NORMAL GRIEF REACTIONS All Ages

Not being able to communicate with my parents	Physical symptoms
I'm so glad it's over	Hostility towards deceased or toward others
I feel as if it isn't real	Assumption of mannerisms of deceased
My mood changes over the slightest things	Idealization of the deceased
Sometimes I feel angry	Anxiety
I don't want others to see me when I feel sad	Guilt and regret
I have trouble focusing on schoolwork	Poor grades
I sense my loved one's presence	My friends at school don't know what I'm feeling
I have trouble sleeping	I forget the person died
I have an empty feeling	So much more is expected of me now
I feel confused	Denial
I feel afraid	I feel sad and depressed

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