

UNDERSTANDING GRIEF

Rate your symptoms below on a scale of 0-3:

0 (none); 1 (mild); 2 (moderate); 3 (severe)

Sadness:

Feelings of sorrow and low mood

Symptoms:

- Difficulty with daily functioning
- Feelings of hopelessness
- Isolation from others

Level (0-3):

Anger:

Frustration that is activated in the emotions and body

Symptoms:

- Irritability
- Frustration with God
- Desire to harm self or others

Level (0-3):

Confusion:

Lack of understanding, questions of 'why'

Symptoms:

- Struggle completing simple tasks
- Questioning beliefs/thoughts
- Loss of identity

Level (0-3):

Numbness:

Low activation in the mind, emotions and body

Symptoms:

- Distracting yourself from feeling
- Periods of feeling shut-down
- Lack of feeling toward others

Level (0-3):

Worry:

Fear, anxiety and feelings of dread

Symptoms:

- Anxiety about the future
- Fear of never getting better
- Feeling totally alone

Level (0-3):

Here are some questions related to each feeling.

Talk about your answers with a trusted friend or counselor.

Sadness:

- How do you cope with sadness when it appears?
- What do you believe about your sadness?
- What do you sense you need when you feel sad?
- Who do you share your sadness with?

Anger:

- How does anger manifest itself?
- In which relationships do you feel safe to express anger?
- Do you express your anger to God? If so, in what ways?
- What do you believe about your anger?

Confusion:

- What kinds of things do you feel confused about?
- When confusion happens, how do you deal with it?
- Who is someone you can talk to when you feel confused?
- What do you believe about your confusion?

Numbness:

- Do you have periods of time that you can't remember?
- What happens in your body when you are numb?
- How do you relieve feelings of numbness?
- Do you notice situations that seem to trigger numbness?

Worry:

- What kinds of things do you worry about?
- What do you believe about your worry? Do you have compassion for yourself in the things that seem scary?
- What helps to diffuse worry?