



Common Experiences in Grief

Grief is often thought of as being about sadness but in reality you will likely experience a range of things.

These may include grief include:

- Sadness
- Crying
- Shock
- Numbness, not feeling anything at all for a while
- Difficulty accepting the loss, not believing it has happened
- Anger
- Guilt,
- Shame
- Blame
- Isolation
- Alienation
- Loneliness
- Confusion
- Not looking after ourselves or others
- Not caring about work
- Relief (that the suffering is over or that a new beginning can now take place)
- Fear that what we are feeling or doing may not be normal
- Thoughts of self-harm or suicide
- Difficulty concentrating
- Acting out of character and being different to the way we usually are
- Substance use
- Drinking
- Using drugs or smoking too much
- Physical worries such as headaches,
- not eating well, or not sleeping well
- Wanting to go home to country or family
- Wanting to show our respects but not being able to because of money, work or family worries

We may also see or hear the spirit of the person who is gone and this is quite common and okay.

This group is where you can talk about any or all of these experiences and any others you may choose to.