

# What To Expect When You're Grieving

## Emotionally

- Hurt
- Frustration
- Helplessness
- Hopelessness
- Guilt
- Regret
- Confusion
- Relief
- Shock
- Numbness
- Denial
- Emptiness
- Longing
- Fear
- Panic
- Loss
- Loneliness
- Sadness
- Reconciliation
- Anger
- Hate
- Resentment
- Jealousy
- Love

## Cognitively

- Disbelief
- "Brain fog"
- Lack of concentration
- Lack of ability to organize & process
- Preoccupation with the death & the deceased
- Trouble remembering things
- Difficulty making decisions

## Behaviorally

- Absent-minded behavior
- Crying and sobbing
- Treasuring objects belonging to your pet
- Restlessness, inability to sit still
- Avoiding reminders of your pet
- Trying to "stay busy"
- Experiencing "grief bursts"
- Dreams of your pet

## Socially

- Social withdrawal
- Irritability with others
- Fear of being alone
- Attempts to replace the loss
- Needing care from others
- Changes in role, status, family system, identity

## Physically

- Fatigue, lack of energy
- Stomachaches or other GI disturbances
- Hot flashes or agitation
- Sleep difficulties
- Shortness of breath
- Headaches, muscle aches
- Sensations of emptiness and heaviness
- Chest pain or pressure
- Shaking, trembling

## Spiritually

- Searching for meaning
- Asking the "Why" questions
- Having our pet "visit" us or send us signs
- Reassessing values and beliefs
- Feeling anger at a higher power
- Exploring new dimensions of faith
- Using rituals or ceremony to help heal
- Turning to prayer or meditation