


# Grief Responses


Identify which of these grief responses you have experienced since the death of your loved one.

Talk to your adult and share your thoughts and feelings about these responses.

Can you add any other grief responses that you have felt since the moment you were informed of the death?


Sharing is caring


 Crying / Extreme sadness


 Fear of death


 Loneliness


 Poor appetite


 Feeling sick


 Anger / Irritability

 Shock / Confusion


 Blaming self


 Questioning beliefs

 Moody swings

 Racing thoughts

 Anxiety / Fear

 Reckless behaviour

 Trouble sleeping / Dreams about the deceased

What are helpful ways of coping?



How can others help you?