

# Manifestations of “Normal Grief”

*As defined by William Worden in “Grief Counseling and Grief Therapy” Third Edition 2002:*

- ❖ Feelings
- ❖ Physical Sensations
- ❖ Cognitions
- ❖ Behaviors

## PHYSICAL SENSATIONS

**Hollowness in the Stomach**

**Tightness in the chest**

**Tightness in the throat**

**Oversensitivity to noise**

**As sense of depersonalization:**

*“I walk down the street and nothing seems real, including me”*

*“It’s like I’m outside of my body looking in.”*

*“I feel like I am just going through the motions of my life”*

**Breathlessness, feeling short of breath, deep sighing and Dry mouth**

*Since fear and grief activate the same region in your brain. The parasympathetic and sympathetic nervous systems. So saliva is not produced as much when you are in this state. Remember to drink water and tea as you grieve to help reduce the sensation.*

**Muscle Weakness or Soreness**

*Weakness in the muscles - arms, shoulders, legs.*

**Lack of energy, sleeping, but having sleep disruption so feeling fatigued**

*Sleep is often interrupted early in grief. Memories of your loved one surface and you lay in bed unable to sleep.*