



Are You Grieving?



Sometimes the body's response to loss goes "undercover," and you may be grieving without knowing it. Learning to recognize and acknowledge the symptoms of grief is the first step on the path to getting well again.

If you checked:

One to five items: You're feeling the effects of stress of some kind in your life. Have you experienced a loss recently? Use the examples on the previous page as a guide.

Six to 20 items: The more checks, the more likely you are to have experienced a loss of some kind and to have begun the natural process of grieving.

If you checked questions 6, 7, 9 or 17, it's likely you will need the counsel of a skilled professional.

Remember the three major stages of grief and loss: shock and denial, anger or depression, and acceptance. As time goes by, you will move toward acceptance and new stages of your life. If you've been stuck in one stage for what seems like a long time, don't try to carry your grief alone. Talk to a trusted friend, counselor or spiritual adviser.

In the past month, have you...

- 1. had trouble sleeping?
- 2. lost or gained weight?
- 3. felt more tired than usual?
- 4. had trouble concentrating?
- 5. felt irritable or edgy?
- 6. found yourself thinking about suicide?
- 7. felt out of control?
- 8. lost interest in food?
- 9. begun drinking more or taking drugs to handle stress?
- 10. gotten angry in ways that surprised you?
- 11. had a series of minor injuries or accidents?
- 12. felt unusually isolated or that you have no one to turn to?
- 13. felt sad but didn't know why?
- 14. felt less efficient in major areas of your life?
- 15. had trouble getting things done?
- 16. felt unusually fearful?
- 17. felt like you were "coming apart"?
- 18. lost interest in sex?
- 19. cried at surprising times and places?
- 20. felt clumsy or physically slow?
- 21. been more forgetful than usual?