

## Grief Indicators

### Physical or Behavioral

Accident Proneness	Muscle Tightness
Alcohol or Drug Use	Face, Teeth Clenching,
Allergies	Back of the Neck,
Asthma	Shoulders, Stomach,
Backaches	Back, Thighs, Calves
Breathing Deeply	Nausea (recurrent)
Breathing Difficulty	Nightmares
Breathing Shallow	Numb or Tingling Extremities
Chest Tightness	Overeating
Cholesterol High	Pounding and Rapid Heartbeat
Colitis	Premenstrual Tension
Constipation	Pupils Dilated
Cramps	Sexual Difficulties
Diarrhea	Sexual Disinterest
Dizziness	Shaking
Dry Mouth	Shortness of Breath
Eye Pain	Skin Pale
Eye Squinting	Sleeping Too Much
Face Downcast	Shoulders Raised
Face Flushed	Sighing
Fainting Spells	Slumped Posture
Forehead, Raised and Wrinkled	Sneezing
Frowning	Weight Gain/Weight Loss
Gait Slowed	Speech Slowed
Grimacing	Stomach Ache
Grinding Teeth	Stomach Butterflies
Hands Cold	Stomach Gas
Hay Fever	Stomach Ulcer
Heart Rate Increased	Sweating
High Blood Pressure	Sweaty Palms
Hives, Rash, Itches	Tearfulness
Difficulties with Coordination	Tension
Insomnia	Tension Headaches
Loss of Appetite	Tiredness
Low Resistance to Infection and Minor Illnesses	Trembling, Twitching
Migraine Headaches	Urinating Frequently
	Voice: Change in Pitch, Volume
	Vomiting
	Weakness (esp. in the legs)

## Grief Indicators

### Emotional or Social

Agitation  
Anger  
Angry Distance  
Angry Outbursts  
Anxiousness—General & Specific  
Blaming Others/Self  
Crying  
Depression  
Difficulty in Relationships  
Dread of Groups/Crowds  
Fears (General)  
Guilt Feelings  
Indecisiveness  
Irritability  
Jealousy  
Lack of Initiative  
Lack of Interest in Living  
Loss of Self Esteem  
Moodiness  
Restlessness  
Sadness  
Suspiciousness  
Withdrawal from Relationships  
Worthlessness Feeling

### Intellectual or Cognitive

Concentration Difficulty  
Errors in Judging  
Worrying  
Errors in Language (Grammar & Critical of  
Pronunciation)  
Fantasy Life Lessened  
Forgetfulness  
Inattention  
Lack of Attention to Fear Details  
Lack of Awareness to External Events  
Loss of Creativity  
Memory Loss  
Mental Blocking  
Overly Attentive to Loss Details  
Past-Oriented, Rather Than Present or Future  
Oriented  
Preoccupation  
Rumination  
Thoughts of Death or Suicide  
  
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Over-Achievement  
Exaggerated Good Behavior

### Spiritual

Anger  
Bargaining  
Loss of Beliefs  
Questioning  
Strengthening of Beliefs