



Grief and Loss Symptoms Checklist

Emotional Symptoms Mark "Yes" or "No" To All That Apply	YES	NO
1. Intense sadness and despair		
2. Feeling anger and irritability		
3. Feeling numbed out		
4. Feeling shock and disbelief		
5. Feeling vulnerable		
6. Being fearful and hopeless		
7. Lacking motivation and control		
8. Difficulty remembering things		
9. Recurrent thoughts and images of the loss		
10. Experiencing confusion		

Physical Symptoms Mark "Yes" or "No" To All That Apply	YES	NO
1. Feeling fatigued or tired		
2. Crying		
3. Headaches		
4. Feeling numb or detached		
5. Disruptive sleep patterns		
6. High blood pressure		
7. Changes in eating habits		
8. Upset stomach		
9. Tightness in chest		
10. Throat constriction		
11. Cotton mouth		
12. Weak muscles		
13. Racing or pounding heartbeat		

Behavioral Symptoms Mark "Yes" or "No" To All That Apply	YES	NO
1. Lashing out at others		
2. Behaving or acting in a way that is harmful to self		
3. Withdrawing socially		
4. Experiencing restlessness or overactivity		
5. Being distracted and forgetful		
6. Engaging in risky behaviors		
7. Substance use or abuse		
8. Feeling that other people don't understand		
9. Eating too much or not eating enough		