

# HEALING HELP

## THINGS YOU SHOULD KNOW...

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***Most of us are unprepared for the global response we have to a major loss. Our expectations tend to be unrealistic, and more often than not we receive insufficient assistance from friends and society. Your grief will not only be more intense than you expected but it will also be manifested in more areas and ways than you ever anticipated. Your grief will be unique depending on the meaning of your loss, your own personal characteristics, the type of death, your social support, and your physical state.***

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***The information in this handout is provided by Home Nursing Agency. It is our hope it will provide you with some support and comfort during a difficult time.***

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### **You can expect:**

1. Your grief will take longer than most people think.
2. Your grief will take more energy than you would imagine.
3. Your grief will involve many changes and continually develop.
4. Your grief will show itself in all spheres of your life: psychological, social, and physical.
5. You will grieve symbolic and tangible things -- not just the death
6. You will grieve for what you have lost already and for what you have lost for the future.
7. Your grief will entail mourning for the person, and also for the hopes, dreams, and unfulfilled expectations you held, and for the needs that will go unmet.
8. Your grief will involve a wide variety of feelings and reactions not just depression and sadness.
9. The loss will resurrect old issues, feelings and unresolved conflict.
10. You will have some identity confusion and may experience reactions that are quite different for you.
11. You will have a combination of anger and depression, irritability, frustration, or intolerance.
12. You may feel anger and guilt.
13. You may have a lack of self-concern.
14. You may experience grief spasms, acute upsurges of grief that occur suddenly.
15. You may have trouble thinking and making decisions.
16. You may feel like you are going crazy.
17. You may be obsessed with the death and preoccupied with the deceased.
18. You may begin a search for meaning and may question your religion and/or life philosophy.
19. You may find yourself acting in socially different ways.
20. You may find yourself having physical reactions.
21. Society will have unrealistic expectations about your mourning and may respond inappropriately to you.
22. Certain dates, events, and stimuli may bring upsurges in grief.
23. Certain experiences later in life may temporarily resurrect grief.



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