

Common Grief Reactions

- At first I couldn't believe it. I kept thinking that maybe I would wake up, and it would all be a dream.
- Each morning, I would wake up with the vague feeling that something was wrong. And then I would open my eyes and remember he's gone and start crying again.
- It is so hard to eat. There's this knot in my stomach that won't go away.
- Sometimes for a while, I forget that she died. Then something reminds me, and it rips my heart apart all over again.
- Sometimes I still expect him to walk in through that door.
- I feel so helpless. I watch everyone around me in such pain, and there is nothing I can do. I can barely get myself dressed.
- Every time I have to tell someone else that she died, my heart breaks again.
- No one in my family understands what it is like for me.
- I am afraid that once I start crying, I'll never be able to stop.
- What if there is no God?
- I found myself wanting to kill anybody that was happy.
- At nighttime I keep dreaming about him. Sometimes I get confused about whether or not I'm dreaming.
- It is hard for me to admit, but I'm angry *at him* for dying.
- People tell me they know exactly how I feel. No, they don't. They have no idea.
- I didn't think I could take it and thought about killing myself.
- We had one of those little arguments that morning. If only I had told him that I loved him before he left that morning.
- I hope this isn't wrong, but I'm glad he died
- I feel like I am going crazy
- I don't cry on the outside; my tears are in my heart.
- I keep picturing him suffering, and can't get that image out of my head.
- People tell me how strong I am but I don't want to be strong.