

6 Signs of Grief

Grief is a natural response to trauma, and its signs can be subtle or overt. Understanding these signs can help individuals acknowledge their needs and journey towards personal growth.

You are faking it

1

You might be in denial or shock after a traumatic event, behaving as if nothing has changed. Expressions like "I'm totally fine. Why can't people see that everything is normal?" typify this stage.



You avoid friends and family



Isolation is common as you may want to avoid painful conversations or revealing your true emotions, leading to sentiments like "No thanks. I just want to stay home by myself."

2

Emotional outbursts

3

Anger, a key stage of grieving, can be directed outwards or inwards, with feelings of guilt or blame surfacing as, "It's all my fault. Why do I listen to these doctors anyway?"



Desperate thought patterns



This indicates an attempt to reconcile trauma with reality, characteristic of the bargaining stage. Thoughts may revolve around promises, such as, "God, if you heal me, I'll be your most loyal follower."

4

You don't enjoy things like you used to

5

The depression stage can sap motivation and interest in previously enjoyable activities. Feelings of numbness or indifference emerge, expressed as, "I don't feel like going to soccer league anymore."



You can't accept reality



This can involve escapism or reckless behavior as a means to avoid the painful truth. Thoughts of despair might include, "This can't be happening to me. I give up on life."

6

Moving on

Grief is non-linear, and one might revisit stages. Embracing post-traumatic growth (PTG) can lead to strengthened relationships, enhanced personal strength, and new life perspectives. Community support, including grief counseling, can aid in this journey.



Identifying the signs of grief paves the way for understanding and eventual growth. Honesty, awareness, and steady progress are the keys to transformation. You're never alone on this journey.

For more support, consider joining "Room for Grief" drop-in sessions every third Thursday of the month.