

Is this Normal?



- The Bereaved Parent

Grief affects us on a physical, emotional and spiritual level, and often these elements cannot be separated.

These are some of the thoughts and feelings you may experience.

- Obsessive thoughts surrounding the death
- A feeling of complete emptiness or hollowness
- The feeling of a stone or weight in the chest
- A feeling of restlessness and being unable to settle
- A pervasive feeling that you have something important to do
- Feeling worthless and a failure for not protecting your child
- Feeling guilty
- Feeling angry with God, yourself, or with your child for leaving you
- Bitterness
- Fear of the future because you know that bad things do happen
- A feeling that life is not worth living, that nothing is important
- A feeling that death would be welcome
- Feeling emotionally unavailable to others
- Feeling disorientated, or as if the ground has been shifted from under your feet
- Feeling drained / yawning
- Feeling unusually energised but not knowing how to use that energy
- Panic attacks and palpitations / breathlessness / dizziness
- Feeling physically cold
- Sleeping a lot or being unable to sleep
- Eating more or being unable to eat / sensation of a lump in the throat
- Aches and pains due to constant physical tension not being released
- Not enjoying physical contact from others
- The sensation of carrying a heavy burden
- A sense of injustice – the world is unfair
- Feeling more spiritual / less spiritual
- Annoyance when other people complain about unimportant things
- Disbelief / Despair
- A feeling that your arms are empty
- The feeling that 'signs' are everywhere and that everything is supernaturally important
- Wanting to campaign to stop other children dying from the same cause
- Waking up feeling OK and then remembering with a sudden shock what has happened
- Constant sense of 'absence of presence' / 'searching' for deceased
- Acting as if person is still alive eg setting a place at table for them

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