

## Am I Grieving Normally?

Bereaved people often ask three questions about coping with grief:  
Am I normal? Am I going crazy? Will I ever get over this?

A better question is whether the grief is healthy. There is, of course, no one right way to grieve. There are many emotions which are normal for the grieving process. Even people who grieve in a healthy manner have times when they feel overwhelmed by their grief.

The following checklist is a guide to help you see how you are doing. As time goes by, and you continue to work through your grief, you will find yourself answering “yes” to more and more of the questions. It is never a sign of weakness to ask for help if you feel you are “stuck” in your grief.

- Am I able to laugh without feeling guilty?
- Do I pay attention to my physical appearance?
- Do I sometimes go out with friends/family?
- Am I able to sit quietly by myself and think of things other than the loss?
- Do I take any interest in current events (newspaper, T.V.)?
- Am I able to perform the daily tasks of living (housework, paying bills, grocery shopping)?
- Do I look forward to any upcoming events (outings, trips, family gatherings)?
- Am I involved in activities that I participated in before the loss (church, volunteer work, clubs, job)?
- Are there times when I can talk about the loss without breaking down emotionally?
- Do I feel like the fog is lifting?
- Do I pay attention to my surroundings (scenery, taste of food, favorite scents)?
- Am I able to get a good night's rest and awaken feeling refreshed?
- Am I able to focus on activities and conversation?
- Am I less forgetful and able to think more clearly?
- Do I feel physically stronger and less like an open wound?
- Do I feel more in control of my emotions and better able to cope with people's questions/comments?
- Am I better able to handle everyday crises (the car breaks down, the furnace stops working, someone in the family is ill)?
- Do I feel that there is meaning to my life?
- Am I able to look at my situation and see any blessings?