

# CHART YOUR GRIEF PROGRESS



This chart was adapted from a Grief Share Workbook and is designed to be checked at whatever intervals you see fit (at least 1 month apart). It will show you how your grief has evolved over time.

SYMPTOM	DATE	DATE	DATE	DATE	DATE	DATE	DATE
Abandoned							
Afraid of facing emotions							
Ambushed							
Anger (Self/others)							
Annoyance							
Anxiety							
Avoiding thoughts of the death							
Betrayed							
Bitterness							
Blame (others/yourself)							
Can't pray							
Change of Priorities							
Can't talk about loved one							
Compare greif level to other's							
Complaining							
Concern for Family members							
Confusion							
Consumed by greif							
Crisis of beliefs							
Crying							
Dazed							
Denial							
Depression							
Despair							
Devastation							
Disappointment (self/others)							
Disbelief							
Discontentment							
Discouraged							
Disorganized							
Disoriented							
Distracted							
Diving into work							
Don't want to go on							
Drained							

# CHART YOUR GRIEF PROGRESS



This chart was adapted from a Grief Share Workbook and is designed to be checked at whatever intervals you see fit (at least 1 month apart). It will show you how your grief has evolved over time.

Dread							
Emptiness							
Envy							
Exhaustion							
Fatigue							
Fear of Future							
Feeling Judged							
Feeling in Slow Motion							
Feeling everything is too hard							
Feel like God isn't here							
Feel like mush							
Feel as if something is missing							
Feel faith isn't working							
Feeling out of control							
Feeling rushed							
Feel like a burden							
Financial worries							
Flashbacks							
Forgetfulness							
Frustration							
Full of questions							
guilt							
Hallucinations							
Happy suffering is over							
Heartbroken							
Heightened emotions							
Help all but yourself							
Helplessness							
Hiding greif							
Hope							
Hopelessness							
Hurt							
Impatience							
In a dark tunnel							
Inability to do things as well as before							
Inability to function							
Inadequacy							
Indreased Appetite							
Insomnia							
Internalizing greif							

CHART YOUR GRIEF PROGRESS



This chart was adapted from a Grief Share Workbook and is designed to be checked at whatever intervals you see fit (at least 1 month apart). It will show you how your grief has evolved over time.

Intrusive thoughts							
Irritable							
Isolating Self							
Lack of Concentration/Focus							
Lonliness							
Loss of appetite							
Loss of identity							
Loss of purpose							
Making silly mistakes							
Memory Loss							
Mental Fog							
Missing Loved One							
Nervous							
Nightmares							
No sense of time							
Not allowing self to grieve							
Not enjoying what you used to							
Not trusting God							
Out of control							
Overwhelmed							
Panic attacks							
Peace							
Physical/medical problems							
Prayer							
Pretend you're ok							
Question sanity							
Question heaven							
Rage							
Refuse joy							
Regret							
Rejection by friends							
Relief							
Rollercoaster of emotions							
Second guessing							
Self-Pity							
Shame							
Shock							
Shutting others out							

CHART YOUR GRIEF PROGRESS



This chart was adapted from a Grief Share Workbook and is designed to be checked at whatever intervals you see fit (at least 1 month apart). It will show you how your grief has evolved over time.

Sleeping in excess							
Social struggles							
Staying busy							
Stressed							
Stuffing down emotions							
Tangled emotions							
Thankfulness							
Tired							
Try to take care of everything yourself							
Turning to God/Higher Power							
Unable to make decisions							
Uncomfortable with others							
Unproductive							
Unwilling to accept help							
Vindictiveness							
Want to rush through grief							
Worry - constant							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							
Other							