

Symptoms of Unresolved Grief
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1. A pattern of depression that lingers and often is accompanied by guilt and lowered self-esteem.
2. The history of extended or prolonged grief that reflects an already existing difficulty with grief.
3. A wide variety of symptoms such as guilt, self blame, panic attacks, fears, feelings of choking, etc.
4. Physical symptoms similar to those of the deceased person's illness due to over-identification.
5. A restless searching for what was lost with purposeless and random behavior and a general moving about.
6. Recurring depression that is triggered on specific dates such as anniversaries of the loss.
7. Feelings that the loss occurred like yesterday, even though months have passed.
8. Enshrinement or unwillingness to remove the belongings of a deceased person after weeks and months.
9. Changes in personal relationships with other significant people.
10. Withdrawal from normal religious activities and the avoidance of mourning activities.
11. Inability to talk about the loss without breaking down, especially when it occurred well over a year ago.
12. Extensive thinking about and noticing themes of loss of life.
13. Minor losses trigger a major grief reaction.
14. Phobias about death or illness.
15. Excluding anything or anyone who used to be associated with a significant loss.
16. A compulsion to imitate the deceased person's personality to overidentification.
17. A disorientation of a normal grief reaction.

