

WENDT CENTER FOR LOSS AND HEALING



“No one should have to grieve alone.”

-William Wendt

Common Reactions Following the Traumatic Death of a Loved One

Anyone going through the grieving process can have feelings and physical and behavioral reactions that come and go.

These can include the following:

- Feeling overwhelmed, sad, constantly crying
- Dreaming about the death, having nightmares about the person and death details
- Having head/stomach aches
- Telling the story of how they died again and again
- Not able to talk about the person or the death
- Feeling numb and in a state of shock
- Having trouble sleeping/scared to go to sleep/wanting to sleep a lot
- Feeling guilty: “It was my fault,” “I could have prevented this”
- Feeling angry, confused, frustrated, and/or quick to get into a fight
- Afraid to be alone and not wanting to stay home alone
- Withdrawing from friends. Not wanting to go out as much
- Finding it difficult to concentrate on work or school
- Worrying about, "Who is going to die next?"
- Wanting to be with the person who died

If you, your friends or family would like to talk to someone, please contact the Wendt Center for Loss and Healing at (202) 624-0010.

For more information, please check our website: www.wendtcenter.org

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