

Am I OK?

One of the difficulties in grieving is knowing whether you are "doing OK" or "are normal." The question, particularly, when the pain you feel is overwhelming, is whether your grief is healthy.

"I was in so much pain I didn't know if I was crazy or if what I was thinking or feeling was normal."

There are a number of ways that you can evaluate how you are doing. Some people keep a record of their feelings from month to month to keep track of their progress.

You can ask yourself these questions"

___ Am I taking care of myself? Do I pay attention to my hair, clothing and appearance?

___ Am I taking care of my family? Am I meeting the emotional and physical needs of my children and my partner?

___ Am I able to take care of my home? Am I able to do needed housework, cooking, yard work and/or household maintenance?

___ Am I allowing myself happiness or pleasure? Can I laugh without feeling guilty? Do I enjoy being out with friends and co-workers? Do I feel pleasure in sexual experiences?

___ Is my world beyond myself? Can I sit quietly and think of things other than my loved one who died? Am I interested in events beyond myself- such as community events and the news?

___ Can I talk about my loved one dying without sadness, anger, jealousy, or guilt? Do I feel like the black cloud over me has passed?

___ Have I resumed my job, church work, volunteer work, clubs, sports teams- the things that I did and enjoyed before my loved one died?

___ Do I notice the beauty in the world again- the things I enjoyed, like favorite foods, places, and events?

___ Can I sleep again and get up feeling refreshed?

___ Can I concentrate on work and in conversations with friends, family, and co-workers?

___ Can I think more clearly and am I less forgetful? Can I recall events in the past?

___ Do I feel more in control, better able to cope with what others say and do and with day-to-day life? Do I feel less frantic, panicked, or worried?

___ Can I think that something good came out of the loss (such as new knowledge of my own strength and ability to cope)?

