

SIGNS OF COMPLICATED MOURNING

1. Persistent thoughts of self destruction
 - Focusing on self destructive thoughts in a consistent manner
 - Development of a plan
2. Failure to provide for basic needs for survival
 - Social isolating of oneself
 - Weight gain or loss of 15 lbs. or more
 - Increase of use/abuse of alcohol, nicotine, or drugs
 - Sleep deprivation
 - Unable to care for physical needs of children at home
 - Inability to maintain or initiate basic activities of daily living
3. Persistent mourning or long term depression
 - Characteristics of mourning phase dominates far more than several months
 - No expression of grief after a loss
 - "No feelings"
 - Preoccupation with image of the deceased
 - Real guilt vs. imagined guilt
 - Hostile reactions
4. Abuse of controlling substances such as alcohol or drugs
 - Used on a regular basis
 - Verbalization of use to "numb" oneself
5. Occurrence/recurrence of mental illness
 - Taking on characteristics of the deceased
 - Clinical depression- DSM III R
 - Manic depression
6. Lack of balance in life
 - Work-a-holic
 - Spending increasing time away from home
 - Religious fanaticism
7. Problems with relationships
 - Blaming
 - Hostile feelings

- Grief Ltd.