



Thoughts and Behaviors of the Grieving Young Adult

- Will mom/dad/family be okay?
- Will I be next? Concern for own mortality.
- Retells events of the deceased's illness and death.
- Maybe I should move back home—they need me to take care of them now.
- Will I have to drop out of school or quit my job?
- Dreams of deceased.
- Feels as though the deceased is with them in some way.
- Now I won't get to know mom/dad/brother/sister as an adult, grow old together.
- Who am I without my loved one in my life?
- May seek out someone who has experienced death and form relationship.
- I feel so alone.
- What kind of relationship will I have with surviving family members?
- I don't feel connected, can't go home—it's not the same.
- I can't concentrate—can't make classes or go to work.
- Bursts into tears and retreats.
- May present without emotion regarding the loss.
- I feel angry, guilty, hopeless (or any of the grief reactions).
- I miss their phone calls, emails, snail-mail, the communication.
- I miss their support and encouragement.
- I'm not ready to grow up, to be the next generation, only child.
- We were best friends, now we won't share in life rituals and passages, marriage, family rearing, career, etc.
- I can't ask for help. I don't want them to worry about me.
- I feel numb.
- I feel unable to carry on with normal activities.