



Typical Grief Responses Often Expressed by Teenagers:

- Sorrowful/prone to tears/feeling "blue"
- Anger
- Sleeplessness/oversleeping
- Lack of appetite/or increased appetite
- Forgetfulness/difficulty concentrating (school work – difficulty focusing)
- Questioning (ex. Why does death happen? Could I have prevented the death? Why do good people die? What is beyond? Why did God let this happen?)
- Fear (especially that someone else close to them will die, or that they will die)

Signs of Complicated Grief in Teenagers:

- Total denial of the reality of the death
- Persistent panic and fear
- Prolonged physical complaints with no identifiable cause
- Prolonged feelings of guilt or responsibility
- Continued signs of depression:
 - Fatigue
 - Lack of interest
 - Continually looks sad/down/blue
 - Continued lack of energy to do things (eat, go to school, talk, continue with normal activities)
 - Continued fearfulness or crying spells
- Suicidal thoughts or actions
- Chronic hostility, acting out towards others or self
- Prolonged change in typical behavior patterns (ex. The well-behaved teen who now gets in fights a lot, or the outgoing teen who becomes quiet and withdrawn)
- Expressed sense of hopelessness and/or lack of faith that life can ever get better