

## **CLUES OF COMPLICATED GRIEF**

1. The survivor cannot speak of the deceased without experiencing intense and fresh grief several years later.
2. Minor events trigger intense grief reactions.
3. “Theme” of loss.
4. Preserves the deceased’s possessions as if the deceased is still alive.
5. Experiencing physical symptoms similar to those experienced by the deceased prior to death.
6. Radical changes in lifestyle including rejection of friends and family, and activities associated with the deceased.
7. Extreme guilt and depression or euphoria (over-spiritualizing).
8. Imitating the dead loved one.
9. Self-destructive impulses.
10. Phobia of death or illness.

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