

Range of Common Grief Manifestations in Children and Adolescents

Sign of Problem or Disorder

Normal

Shock or numbness
Crying
Sadness
Anger
Feeling guilty
Transient unhappiness
Keeping concerns inside
Increased clinging
Disobedience
Lack of interest in school
Physical complaints
Decreased appetite
Temporary regression
Being good or bad
Believing the deceased is still alive
Adolescent relating better to friend than family
Behavior lasts days to weeks

Variant Behavior

Long term denial and avoidance of feeling
Repeated crying spells
Disabling depression and suicidal ideation
Persistent anger
Believing guilty
Persistent unhappiness
Social withdrawal
Separation anxiety
Oppositional or conduct disorder
Decline in school performance
Physical symptoms of deceased
Eating disorder
Disabling or persistent regression
Being much too good or bad
Persistent belief that the deceased is still alive
Promiscuity or delinquent behavior
Behavior lasts weeks to months