



How You Might Feel

OCDE Crisis Response Network

GRIEF RESPONSES

Remember it is okay to feel sad sometimes and not so sad other times.
It is good to tell adults that care about you how you are feeling.

I feel ...	Sometimes I ...	Things to do
Strange or Dreamlike	Cry for no reason and my body does not feel good.	1. Talk to an adult you trust 2. Rest
Unsure or Confused	Have trouble doing homework, sitting still, and falling asleep.	1. Take a break from homework 2. Go outside and play 3. Talk to an adult you trust
Nervous or Scared	Feel like there are butterflies in my stomach and I want to hide.	1. Spend time with family and friends 2. Go outside and play 3. Tell your family how you feel
Mad or Angry	Want to cry and yell at my friends or my family, or throw my toys.	1. Draw or color 2. Go outside and play 3. Write in a diary or journal
Guilty or Responsible	Think this is my fault. I wish I had been better.	1. Do not blame yourself 2. Talk to someone you trust
Sad or Alone	Want to cry all the time and want someone to help me feel better.	1. Make something to remember your loved one. a. Photo album b. Story c. Drawing
Normal or Better	Am still a little sad, but it is better. I can go to school and have fun with my friends.	1. Go to school 2. Go to after school activities

Adults: If you are concerned about the way your child is feeling or acting – Please seek professional help.
Grief is one of the most difficult experiences in life, sometimes people need help to get through it.