

Common teen reactions - to grief



Some common teen reactions to grief:

- I'm hiding my grief and sadness from my family.
- I can't tell my family about my feelings. They have enough to worry about.
- My family doesn't care how I feel.
- If I start to talk about my feelings, I will lose control.
- My family will be embarrassed if I cry and act like a mess.
- I am not willing to act like a mess.
- I cannot stand being a survivor in this crazy world.
- The world will never be the same.
- I wish I had some answers about this.
- Nobody deserves to die.
- Why isn't the whole world stopping to deal with this?
- I can't believe my life is on hold for this.
- This is happening at a bad time for me.
- Why won't everyone just leave me alone so I can deal with this in my own way?
- Is this really happening to me?
- I wish I had...
- Why didn't I...
- I can't stop thinking about...
- I'm never going to get over this.
- No one else has ever gone through this.
- I've got to be an adult now.

For some teens, grief can affect school performance, interest in hobbies or sports, and relationships with peers. Every teenager copes in his or her own unique way, and some may turn to alcohol, drugs, or physical relationships during grief. The most important thing to remember is that there is no set definition of what is "normal" during grief. Your teenager's grief will be as unique and individual as they are.