Feeling life is unfulfilling, empty, or meaningless

Intense feelings of emotional pain, sorrow, or pangs of grief

Avoidance of reminders

Feeling stunned, shocked, or dazed

Confusion about role in life or a diminished sense of self

Feelings of trouble accepting the loss

Difficulties in trusting others

Feelings of bitterness over the loss

Difficulties in moving on

Emotional numbness

Feelings of longing or yearning

Widows

Orphans