

__Helpless: Things seem way out of your control. You may think that if you were powerless to prevent the death, then you can't handle anything. You can't cope with the practicalities of everyday life, and feel unable to control or manage your feelings.

__Hopeless: Life has no meaning. It seems that there is no point to anything, and things will never get better. Your feelings and the tasks you face seem insurmountable, and you feel unable to ever overcome your loss.

__Lonely: There is no one that can understand your pain. There seems to be no one to share things with or seek comfort from. These feelings may make you feel like withdrawing even further from those around you, or from the world at large.

__Lost: Everything that you used to believe in is gone. You aren't sure where you fit in the world, or who you are. If you are a religious or spiritual, your faith is shaken. If you are not, you feel it unwise to ever have faith in a world where nothing seems permanent.

__Numb: You are shut down emotionally. You feel nothing. Everything is flat. Although you might be able to function and get through each day, it sometimes seems as if you are sleep walking through life, unable to feel your emotions.

__Sad: Sorrow and heartbreak color everything. You feel your loss deeply, and it affects and pervades all you do. It is a mood that simply won't go away.

__Shocked: You are bewildered and confused. Even if you were prepared for the death, and the situation doesn't seem real. The finality of the situation leaves you feeling stunned, and you may not be able to accept that your loved one is gone. You keep hoping to wake up from a bad dream.

__Overwhelmed: You simply can't cope with the barrage of emotions, thoughts, and changes facing you. You feel like running away, or escaping by using alcohol or drugs. You may want someone to come and rescue you, and make it all go away.

__Preoccupied: You can't stop thinking about your loss. Perhaps you keep replaying certain scenes over and over in your mind, or agonize about who you might lose next. You can't concentrate on your everyday responsibilities or engage in a conversation without your mind wandering. Intrusive memories keep surfacing no matter what you do.

__Vulnerable: Your faith in your own invulnerability is shattered. You are constantly aware of your own mortality and the mortality of other important people in your life. You feel exposed, without protection, to whatever destiny or life hands you.

__Yearning: You long for the deceased. It hurts so much that you feel a constant pit in your stomach. You are constantly aware of the absence of your loved one, and you feel empty. Nothing can fill the void.

Of the feelings you checked off, which three are most intense right now?