



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

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GRIEVING PROCESS

SHOCK is often the immediate reaction to suicide, along with a physical and emotional numbness. These are ways of temporarily screening out the pain so it can be experienced in smaller, more manageable steps.

DEPRESSION may appear as disturbed sleep, fatigue, inability to concentrate, change in appetite, and the feeling that nothing can make life worth living.

ANGER may be part of the grief response, whether directed towards the deceased, another family member, a therapist, or oneself.

RELIEF may be part of the reaction when the suicide followed a long decline into self-destructive behaviour and mental anguish

GUILT often surfaces as the feeling: "If only I had done...,If only I had said or not said..."

WHY? Many survivors struggle long and hard with this question. "Why did they do it? Why didn't they speak to me? Why didn't I stop him? Why? Why? Why?" You then become stuck in the vicious cycle of "Should've, would've, could've" of "If only..."