



COULD UNRESOLVED GRIEF BE AFFECTING YOU?

A Gentle Self-Check from Renewed Hope Grief Recovery

Grief doesn't always come from death. It can come from change, disappointment, or disconnection—often in ways we don't immediately recognize.

Before exploring the emotional and physical symptoms on the next page, take a moment to reflect:



Have you experienced any of the following?

- Have you experienced the death of a close family member, friend, or beloved pet?
- Have you been through a divorce, breakup, or major shift in a meaningful relationship?
- Have you ever quit a job, been laid off, or forced to retire unexpectedly?
- Do you have a strained or painful relationship with a parent, partner, or close friend—one that feels unresolved?
- Have you lost the use or function of any part of your body due to injury, surgery, or illness?
- Are you living with chronic illness or a condition that affects your daily life or sense of identity?
- Have you experienced deep disappointment, lost dreams, or changes in faith that left you questioning what you once believed?



If you said yes to one or more of these, you may be carrying grief—whether or not you've ever called it that.

This checklist is here to help you gently explore what your heart may still be holding.



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What You Might Be Feeling

Check any that feel familiar:

- ☐ I feel emotionally numb or disconnected
- ☐ I experience emotional ups and downs—waves of sadness, anger, or guilt.
- ☐ I struggle to concentrate or stay present.
- ☐ I feel emotionally and physically drained.
- ☐ I isolate myself or feel disconnected from others.
- ☐ I experience low-grade anger, frustration, or irritability.
- ☐ I overreact to things that normally wouldn't bother me.
- ☐ I repeat certain behaviors or routines that don't seem to help.
- ☐ I feel stuck in memories or replay past experiences often.



Physical Effects of Grief

Check any that feel familiar:

- ☐ I feel drained, fatigued, or struggle to focus—even when I get enough rest.
- ☐ I have frequent headaches, body aches, or tension.
- ☐ I experience digestive issues or stomach discomfort.
- ☐ My sleep is disrupted (can't sleep, oversleep, or both).
- ☐ I feel stuck in sadness, regret, or guilt that I can't seem to move past.



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Ways You May Be Coping (Sometimes Without Realizing It)

Check any that feel familiar:

- ☐ I eat to feel better—or forget to eat altogether.
- ☐ I scroll social media or binge-watch shows to avoid my feelings.
- ☐ I avoid people, places, or conversations that bring up emotion.
- ☐ I pretend I'm okay—even when I'm not.
- ☐ I shop online or spend money impulsively as a distraction.
- ☐ I use substances (alcohol, nicotine, etc.) to numb myself emotionally.



Grief Myths You May Be Holding

These beliefs can keep us from healing—especially after long-ignored or minimized losses.

Check any that feel familiar:

- ☐ Don't be sad—it'll get better.
- ☐ Replace the loss and move on.
- ☐ Grieve alone—no one wants to hear about it.
- ☐ Just keep busy and you'll feel better.
- ☐ It wasn't that big of a deal.



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A Gentle Truth

If you recognized yourself in any of these, you may be carrying unresolved grief—from a recent loss, or one that happened long ago.

The problem is, grief doesn't go away on its own. It builds quietly over time—layer by layer—until it affects your energy, your relationships, and your ability to feel fully alive.

But there is a way forward. The Grief Recovery Method® is an evidence-based, step-by-step process that helps you gently complete the pain of loss and reclaim your joy.

✨ You're not broken. You're grieving.
And healing is possible.

Let me show you how.



Want to take the next step?

You're invited to:

- Book a free consultation call with Kelli Sheumaker
- Learn more about the Grief Recovery Method®
- Visit: [RenewedHopeGriefRecovery.com](https://renewedhopegriefrecovery.com)
- <https://www.youtube.com/@renewedhopegriefrecovery>

Healing is possible. You don't have to do it alone.