

Normal grief reactions after homicide?

- Unable to understand or believe what happened to your loved one
- Helpless and powerless over your surroundings
- Preoccupied with your own personal safety and the safety of surviving loved ones
- As if you somehow could or should have protected your loved one from harm
- Haunted by images, nightmares, and flashbacks of the murder, even if you were not a witness
- Afraid/distrustful of strangers and worried that the perpetrator, or any perpetrator, will strike again
- Intense rage toward the perpetrator(s); anger in many forms even towards oneself
- A desire to avoid people and places that remind you of your loved one or of the homicide
- Physical symptoms, like head or stomach aches, difficulty sleeping, eating or focusing
- Blamed, isolated, exploited, or stigmatized by law enforcement, health care providers, news media, and your own friends and family