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## Am I Going Crazy? Unusual Grief Experiences

### Types of *Unusual Grief Experiences*

- Seeing, hearing, or feeling your deceased loved one; feeling a strong sense of their presence, unexplained events, atypical occurrences
- Unusual experiences are much more common than most people think; this is because many people are reluctant to discuss the event for fear of being viewed as having dementia, etc.
- Most unusual grief experiences are normal and are NOT a sign of dementia or other problems

### Journaling Topics

- Describe your unusual experience(s)?
- What happened? When & where did it happen?
- What did it mean to you?
- Did you tell anyone about it?
- What do you think caused it?
- Did you find the experience to be comforting? Scary?
- Do you wish it would happen again?