

Myths About Grief

- ✚ All losses are the same.
- ✚ All people grieve in the same way.
- ✚ You will be the same after the loss as before it.
- ✚ You will no longer have a relationship with the person or thing you lost.
- ✚ You should keep your feelings to yourself because you do not know what other people might think of you.
- ✚ Grief always declines over time in a steadily decreasing fashion.
- ✚ The intensity of your grief is a sign of your love for the person or thing you lost.
- ✚ Once grief is resolved, those emotions will never come up again.
- ✚ It is better to put painful things out of your mind.
- ✚ You should not think about the loss at holidays, anniversaries, or birthdays because it will make you feel sad.
- ✚ Once you have expressed your feelings about your loss, your grief will resolve.
- ✚ Expressing feelings that are intense is the same thing as losing control.
- ✚ You should feel only sadness that your loved one has died.
- ✚ Grief will affect you psychologically, but not in any other way.
- ✚ It is not important for you to have a social support in your grief.
- ✚ Rituals are unimportant in helping us deal with life and death.

