

Myths About Grief

- All losses are the same.
- It takes two months to get over your grief.
- All bereaved people grieve in the same way.
- Grief always declines over time in a steadily decreasing way.
- When grief is resolved, it never comes up again.
- Family members will always help grievers.
- Children grieve like adults.
- Feeling sorry for yourself is not allowable.
- It is better to put painful things out of your mind.
- You should not think about your deceased loved one at the holidays because it will make you too sad.
- Bereaved individuals only need to express their feelings and they will resolve their grief.
- Expressing feelings that are intense is the same as losing control.
- There is no reason to be angry at people who tried to do their best for your deceased loved one.
- There is no reason to be angry at your deceased loved one.
- Only sick individuals have physical problems in grief.
- Because you feel crazy, you are going crazy.
- Infant death shouldn't be too difficult to resolve because you didn't know the child that well.
- Children need to be protected from grief and death.
- Rituals and funerals are unimportant in helping us deal with life and death in contemporary America.
- Being upset and grieving means that you do not believe in God or trust your religion.
- You will have no relationship with your loved one after the death.
- The intensity and length of your grief are testimony to your love for the deceased.
- There is something wrong if you do not always feel close to your other family members since you should be happy they are still alive.

- There is something wrong with you if you think that part of you has died with your loved one.
- If someone has lost a spouse he or she knows what it is like to lose a child.
- It is better to tell bereaved people to "be brave" and "keep a stiff upper lip" because then they will not have to experience as much pain.
- Grief will affect you psychologically but in no other way.
- Losing someone to sudden death is the same as losing someone to an anticipated death.
- You will not be affected much if your parent dies when you are an adult.
- It is not important to have social support in your grief.
- Once your loved one has died it is better not to focus on him or her but to put him or her in the past and go on.
- You can find ways to avoid the pain of your grief and still resolve it successfully.

NONE OF THESE STATEMENTS ARE TRUE.
EACH ONE IS FALSE.

From: GRIEVING: How To Go On Living When Someone You Love Dies (Therese A. Rando, Ph.D.)