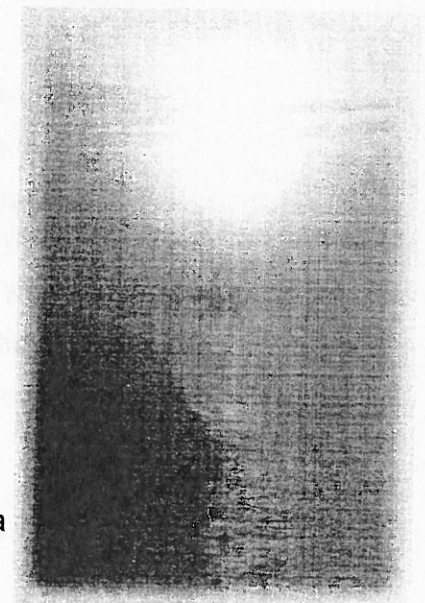


Myths and Truths

POPULAR MISCONCEPTIONS ABOUT GRIEF AND LOSS

1. You never recover from a major loss such as death.
2. Time is the only healer for grief.
3. If you love someone too much, your grief will be worse.
4. Nobody else can help you with your grief.
5. A slow death is easier to handle than a sudden death.
6. Your loss was God's will, and you should not question it.
7. If you just keep busy, your grief will go away.

Not one of those statements is true! Confronting loss and grief is one area of life where popular opinion is worth less than nothing. To build a new life after loss, you must understand the facts of loss even better than you understand the facts of life.



TRUE STATEMENTS ABOUT GRIEF AND LOSS

The following are true statements and represent important attitudes and expectations about loss and grief.

1. You can enjoy a full life after a major loss of any kind.
2. It takes time to be healed from grief, and it also takes lots of hard work.
3. The better your relationship with one who has died, the more satisfying your grief work will be.
4. Many people can help you work through your loss, especially others who have had similar losses.
5. While you may experience anticipatory grief in a slow death, later grieving the ultimate loss can be just as difficult as dealing with a sudden death.
6. It is never God's will for you to suffer nor for your loved ones to suffer or die. Death and loss are a part of this mortal life.
7. If you keep too busy to face your feelings and avoid talking about them, you subject yourself to a higher risk of illness following a major loss.

Adapted by **KEN PENROSE AND ASSOCIATES** from *DEITS, Bob. Life After Loss. Fisher Books, 1992.*

MYTHS OF GRIEF AND MOURNING

- You'll be over your grief in six months - one year
- If you feel crazy, that means you are
- Grief can be resolved; then it will never bother you again – especially if you follow the stages

- If you don't talk about the person who died, then people won't get upset
- Grieving and depression are the same thing
- It's best to tell bereaved people:
 - "Be brave, she/he's in a better place"
 - "Keep a stiff upper lip because then, there isn't so much pain"
 - "You shouldn't be too sad if you lose an infant because you can always have more children"
- Everyone grieves the same
- Men grieve differently than woman; they don't feel the same pain
- After you lose someone, it's best to get really busy to avoid thinking about the deceased