

GRIEF MISCONCEPTIONS

Myth #1: Grief progresses in linear stages.

Reality: While it's sometimes true that we progress through stages as we grieve, this is not always the case. Grief is a unique process and is experienced as so.

Myth #2: There are "right" and "wrong" ways to grieve.

Reality: There are many, many different ways to grieve. Grief experiences vary, and there isn't a single right or wrong way to grieve. However, there is a difference between normal or common grief and atypical grief. Also, there are healthy and unhealthy ways to cope.

Myth #3: Time heals all wounds.

Reality: Grief is not bound by the parameters of time; it changes, but doesn't disappear. We adjust and carry on, but the grief (less raw now) remains as it becomes a part of us.

Myth #4: Everything happens for a reason.

Reality: This may be your personal belief, but it is not everyone's truth. Saying this to a person who is grieving, especially when the loss is senseless or particularly horrific, may undermine their grief.

Myth #5: "Don't cry, you need to be strong for [the deceased/your kids/mom, etc.]"

Reality: Not only do you *not* have to be "strong," the idea that mental "strength" is a measure of how well a person suppresses or ignores their emotions is **false**. If anything, it's *more* difficult to go through the process of grief and feel the pain. To share your suffering with another is to be human... and two humans together are stronger than one. Not allowing yourself to grieve is harmful, not strong.