



Myths and Facts about Grief

Myths and Facts –

http://www.helpguide.org/mental/grief_loss.htm

<i>MYTH</i>	<i>FACT</i>
<p>The pain will go away faster if you ignore it (<i>Centre for grief and healing</i>)</p>	<p>Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and deal with it (<i>Centre for grief and healing</i>)</p>
<p>It is important to “be strong” in the face of loss (<i>Centre for grief and healing</i>)</p>	<p>Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn’t mean you are weak, in fact showing your true feelings to family and friends may help them and you. (<i>Centre for grief and healing</i>)</p> 
<p>If you don’t cry, it doesn’t mean you’re sorry about the loss (<i>Centre for grief and healing</i>)</p>	<p>Crying is a normal response to sadness, but it’s not the only one. Those who don’t cry may feel the pain just as deeply as others. They may simply have other ways of showing it (<i>Centre for grief and healing</i>)</p>
<p>Grief should last about a year (<i>Centre for grief and healing</i>)</p>	<p>There is no right or wrong time frame for grieving. How long it takes can differ from person to person (<i>Centre for grief and healing</i>)</p>
<p>Life will return to normal</p>	<p>After a significant loss, it is unlikely that things will be the way they once were, but you may develop a new kind of “normal” and adjust to it as you heal.</p>
<p>Friends and family are always helpful and give good advice</p> 	<p>People’s intentions are often good, but friends and family may not always say the right thing or know how to help you. Identify who to turn to talk, to remember your loved one, or to help with practical everyday needs.</p>
<p>Time heals all wounds</p>	<p>This may not be true for everyone as people heal at different rates and cope in different ways. However, positive experiences over time may provide room to grow and added support may help to heal.</p>