

MYTHS OF GRIEF

Grief and Mourning are the same experiences.

There is a predictable and orderly stage like progression to the experience of mourning.

It is best to move away from grief rather than toward it.

Following the death of someone significant to you, the goal is to "get over" your grief.

Tears expressed in grief are only a sign of weakness.

Grief and mourning decline in a steadily decreasing fashion over time.

All deaths prompt the same type of mourning.

Bereaved individuals need only express their feelings in order to resolve their mourning.

To be healthy after the death of a loved one, the mourner must put that person out of their mind.

Grief will affect the mourner psychologically, but will not interfere in other ways.

Intensity and length of mourning are a testimony to love for the deceased.

When one mourns a death, one mourns only the loss of that person and nothing else.

Losing someone to a sudden, unexpected death is the same as losing someone to an anticipated death.

Mourning is over in a year.