

Grief Myths & Facts

#1

Myth: Grief and mourning progress in predictable, orderly stages.

Fact: Stages can sometimes help people make more sense of their grief. However, that does not mean that it is the only way to grieve or the way that you should grieve. Each grief is unique and will look different. There is no right or wrong way to grieve.

#2

Myth: You should move away from grief, not towards it.

Fact: Society often prematurely moves away from grief because it can be uncomfortable sitting with difficult emotions. Even more so when they're not our own. As a result, people often grieve in isolation or attempt to avoid it in various ways. Grief is something to experience, not to try and overcome.

#3

Myth: Nobody can help you with your grief.

Fact: As humans we are hardwired for connection, it's in our DNA. Sharing your pain with others won't make it disappear, but it will, over time, make it more bearable.

#4

Myth: When grief and mourning are reconciled, they never come up again.

Fact: Grief comes in and out like waves. Sometimes something simple like a sound or smell can bring on a big wave of grief. As we learn to integrate it in our lives it may not dominate your life anymore, but it will always be there.

#5

Myth: Tears of grief are a sign of weakness.

Fact: The people who care about you may, directly or indirectly, try to prevent your tears out of a desire to protect you (and them) from pain. However, crying is nature's way of releasing internal tension in your body. It is the most primitive way we release our emotions.