



## *Myths about Grief*

- All losses are the same.
- It takes two months to get over your grief.
- All bereaved people grieve in the same way.
- Grief always declines over time in a steadily decreasing fashion.
- When grief is resolved, it never comes up again.
- Family members will always help grievers.
- Children grieve like adults.
- Feeling sorry for yourself is not allowable.
- It is better to put painful things out of your mind.
- You should not think about your deceased loved one at the holidays because it will make you too sad.
- Bereaved individuals only need to express their feelings and they will resolve their grief.
- Expressing feelings that are intense is the same as losing control.
- There is no reason to be angry at people who tried to do their best for your deceased loved one.
- There is no reason to be angry at your deceased loved one.
- Only sick individuals have physical problems in grief.
- Because you feel crazy, you are going crazy.
- Infants death shouldn't be too difficult to resolve because you didn't know the child that well.
- Children need to be protected from grief and death.
- Rituals and funerals are unimportant in helping us deal with life and death in contemporary America.

*Reprinted with permission from the book entitled "How To Go On Living When Someone You Love Dies" by Therese A. Rando, Ph.D.; published by Bantam Books.*