Grief Myths

Myth: Grief is Predictable

* Grief is chaotic and lacks order or predictability. Emotions go up and down for several months or even longer.
* Typically there is no rhyme or reason to when grief hits. One minute you may feel fine and handling grief well – then another minute feel like you are going crazy and will never make it through the grief process.

Myth: Ignoring Grief will Make it Go Away or Lessen the Pain

* Many people must experience the pain of grief and work through grief before healing can occur.
* Grief symptoms have a way of surfacing on their own, so trying to ignore grief can complicate the grieving process. Periodically you may want to allow yourself to take a brief break from grief, but that is different than ignoring grief and pain.

Myth: All Losses are the Same

* All losses are not the same. You may find yourself grieving the loss of a best friend different than grieving the loss of a spouse or the loss of a colleague at work.

Myth: I Shouldn’t be Struggling if I Don’t Know the Person

* Grief is cumulative and it is common for one loss to trigger another loss you’ve experienced. It is common to feel helpless when a loss occurs and it is common for this feeling to helplessness or other (common grief symptoms of shock, numbness, confusion, anger, etc.) again.

Myth: I Feel Like A Part of Me Just Died – There Must Be Something Wrong With Me

* It is common to feel like your heart has been ripped out of your chest or that a part of you died when your love one died. If you feel this way, you are not alone. Grief is painful and hurts. Life will never be the same but as you do your grief “work,” you will eventually be able to assimilate the loss into your life, continue to function… and even find happiness and purpose again.

Myth: The Goal of Grief is to Get Over It

* Time does not necessarily heal grief and one does not ever “get over” the death of someone close to you. Doing your grief work will help you heal the wounds of grief. Eventually you can learn to live with loss and the challenges that come with loss.

If you have questions about grieving loss, tips to help cope with loss, or to make an

appointment with an LCCC licensed therapist call at 778-4397.