



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Myths and Facts About Grief

MYTH: The pain will go away faster if you ignore it.

Fact: 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 actively deal with it.

MYTH: It's important to be "be strong" in the face of loss.

Fact: Feeling sad, frightened or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

MYTH: If you don't cry, it means you aren't sorry about the loss.

Fact: 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.

MYTH: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

MYTH: Moving on with your life means you're forgetting the one you lost.

Fact: Moving on means you've accepted your loved one's death. That is not the same as forgetting. You can create a new life and still keep your loved one's memory a part of you.

MYTH: Friends can help by not bringing up the subject.

Fact: People who are grieving usually want and need to talk about their loss. Bringing up the subject can make it easier to talk about.