

Myths About Grief



The pain will go away if you ignore it

It's important to "stay strong"

When you're grieving, you can't laugh or be happy

Grief lasts a few months to a year

Women grieve more than men

The goal of grief is to "get over" the death

Once you heal from your loss, you will never feel the pain again

Grief & crying are signs of weakness

It's okay to grieve when you're alone, but you should hide it when you're around others

You can't be angry at the person you lost

Myths About Grief



You need to keep busy when you're grieving

You grieve less when the person you lost was elderly and lived a long life

It's easier to deal with an anticipated death than a sudden, unexpected death

Eventually, you should stop talking about the person you lost. You should get rid of their belongings and take down photos of them that you have displayed because it just makes you sad

If you don't cry after the death of a loved one, it means you don't really care

When you're grieving, you want to be left alone. You don't want your friends or family members to talk about the loss

When you start to move on with your life, it means you're forgetting about the person you lost

When you grieve, you only grieve for the person you lost

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