

Grief – Myths and Facts

by
Sandy Ventura Gordon

Grief is a natural response to losing someone you love, it's the emotional suffering or pain you feel when someone you love has passed on. If you are a friend of someone who is grieving or if it's you yourself who has lost a loved one, it is helpful to understand the many myths and facts associated with grief.

Myth: You need to move on with your life and forget the past.

Fact: The past's value increases your awareness and understanding. The past is a part of your life experience, it's always with you.

Myth: You should be over your grief in about one year.

Fact: Each person will experience grief in their own way and in their own time frame. Every loss is unique with varying circumstances. No two people grieve in the same manner or time frame. There is not a wrong or right time frame to experience grief.

Myth: Ignoring your grief and pain will make the pain go away faster

Fact: For healthy healing to occur it's important to actively deal with your grief. Ignoring your pain and loss or trying to suppress it from surfacing only makes it worse and last longer.

Myth: Not crying is a sign that you didn't love the person who passed.

Fact: There is more than one way to grieve. Not everyone cries, especially in the presence of others, it doesn't mean they aren't experiencing profound sadness.

Myth: The feelings associated with grief, is a negative experience.

Fact: Loss and feeling the pain and sadness of loss is a part of our human experience and can become an opportunity to grow.

Myth: The sooner you get over your grief, the better you will be.

Fact: The pain of loss tends to lessen with the distance of time. The loss is never forgotten, but learning to live with the loss is part of the learning experience of grief.