



A Few Myths about Grief

1. All bereaved people grieve in an orderly and predictable way.
2. Within a couple of months a bereaved person will be back to his or her old self.
3. It is better for a bereaved person not to think or talk about his or her loss because dwelling on it won't make him or her feel better.
4. Children and adolescents don't grieve.
5. Tears mean that a person is not grieving well.
6. If we can just change the way a person thinks, we can change the way he or she feels.

Did you know.....according to Dr. Alan D. Wolfelt

Grief is defined as internal thoughts and feelings we experience when someone significant in life dies... **Mourning** is the external expression of those internal thoughts and feelings. In other words, "Grief gone Public! (Alan D. Wolfelt Ph.D.)

Each individual's response to loss is as individualistic as his or her fingerprint.

To mourn well is to live well is to love well.

If someone is grieving and he or she doesn't mourn...he or she won't heal and if he or she hasn't mourned....time will have nothing to do with his or her healing.

Remember!.....according to Doug Manning

People need people. You cannot help someone until you know where they are and you cannot know where they are until you **HEAR** them.

It takes someone to say it and then someone to hear it.

Listening gives understanding.

Listening legitimizes feelings.

If you can get what you have to say understood, you can get on with life.

Never underestimate the power of the ear.

Never trivialize what a bereaved person is telling you by saying... "You're going to be just fine"

Grieving individuals of all ages need to establish the significance of the losses they have experienced. Your presence and ability to listen will be your most valuable gift to them.

Material adapted by Terry Androsky for educational purposes from presentations by Dr. Alan Wolfelt and Doug Manning.