

## Common Myths About Grief

*Be gracious to me, O Lord, for I am in distress.*

—Psalm 31:9

- All bereaved people grieve in the same way.
- It takes two months to get over your grief.
- Once grief is resolved, it never comes up again.
- You and your family will eventually be just the same as you were before the death of a loved one.
- It's not appropriate to feel sorry for yourself.
- There is no reason to be angry at your deceased loved one.
- Children need to be protected from grief and death.
- You will have no relationship with your loved one after her or his death.
- Once a loved one has died, it is better not to focus on her or him, but to put her or him in the past and go on with your life.
- You will move through predictable, orderly stages.

(Taken from *How to Go on Living When Someone You Love Dies*, by Therese A. Rando, Ph.D., Bantam, 1991.)

These first two weeks after the death of your loved one (or other major loss) are confusing and hectic. You may encounter myths like the ones above or others that are painful and create unrealistic expectations in your grieving process. In the weeks and months ahead, we will be exploring these myths and learning more about the grieving process together.

When you receive these monthly letters, you may feel that some touch you and find yourself saying, "Yes! That's exactly how I feel." Other letters may not seem to apply to you. Other letters may hit so close to home that you find it difficult to read them. Please, just be open to the possibilities of healing. If the letters don't seem to fit right now, lay them aside and reread them at a later time.

We are hoping that through these letters and personal visits we can journey with you offering comfort and support. Many people are praying for you. May you be strengthened by these prayers.