Grief: myths and facts

Common beliefs about grieving that are not true.

Myth	Fact
Grief follows five stages.	There are no fixed stages. Feelings come and go in no particular order.
You should be over it in a year.	There is no timetable. Many people find the second year harder than the first.
If you are not crying, you are not grieving.	People grieve in very different ways. Some cry a lot, some hardly at all.
Staying strong means not showing it.	Showing grief is not weakness. Children especially learn that feelings are safe when adults show theirs.
Keeping busy is the best cure.	Activity helps, in balance. Grief that is constantly outrun tends to catch up.
You have to let go to move on.	Most people stay connected to the person in a new way, and that is healthy.
Talking about them will upset people.	The bereaved are already thinking about them. Hearing their name is usually a comfort.
If you feel relief, you did not love them.	Relief is common, especially after a long illness or a difficult relationship. It sits alongside love.
Time heals.	Time alone does not. What you do with the time is what helps.

A belief about grief that has been weighing on me

Where I picked it up (family, culture, something someone said)

What I would like to believe instead

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