



## Family Caregivers of British Columbia

### Shattering Eight Myths about Grief

Grief is a response to any loss, not just the death of a loved one; traumatic changes in our lives, illness, divorce, and job changes are all losses that can affect us deeply.

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| <b>Myth 1:</b>  | We only grieve deaths.   |
| <b>Reality:</b> | We grieve all losses.  |
| <b>Myth 2:</b>  | Only family members grieve.  |
| <b>Reality:</b> | All who are attached grieve.   |
| <b>Myth 3:</b>  | Grief is an emotional reaction.  |
| <b>Reality:</b> | Grief is manifested in many ways.  |
| <b>Myth 4:</b>  | Individuals should leave grieving at home.   |
| <b>Reality:</b> | We cannot control where we grieve.   |
| <b>Myth 5:</b>  | We slowly and predictably recover from grief.  |
| <b>Reality:</b> | Grief is an uneven process, a roller coaster with no time line.                        |
| <b>Myth 6:</b>  | Grieving means letting go of the person who has died.                                  |
| <b>Reality:</b> | We never fully detach.   |
| <b>Myth 7:</b>  | Grief finally ends.  |
| <b>Reality:</b> | Over time most people learn to live with loss.   |
| <b>Myth 8:</b>  | Grievors are best left alone.  |
| <b>Reality:</b> | Grievors need opportunities to share their memories and grief, and to receive support. |