

## **SOME *REALISTIC EXPECTATIONS* FOR GRIEF AND MOURNING**

- 1. You will naturally grieve, but you will probably have to make a conscious effort to mourn.**
- 2. Your journey through mourning will involve a wide variety of different thoughts and feelings.**
- 3. Your mourning will impact you in five realms of your experience: physical, emotional, mental, social, and spiritual.**
- 4. You need to feel the pain of grief to heal the pain.**
- 5. Your grief may end up hurting more before it hurts less.**
- 6. Your grief will be unpredictable and will not likely progress in an orderly fashion.**
- 7. You don't "get over" grief; you learn to live with it and reconcile the loss to your current life and activities.**
- 8. Having support from the right people can help you through your grief.**
- 9. Time alone does not heal. It's what you do with your time that heals.**
- 10. You will not always feel this bad.**



## **SOME *MISCONCEPTIONS* ABOUT GRIEF and MOURNING**

- 1. Grief and mourning are the same thing.**
- 2. Your mourning will progress in predictable, orderly stages.**
- 3. You should move away from grief, not toward it.**
- 4. Tears of grief are only a sign of weakness.**
- 5. Being upset and mourning openly means you are being “weak” in your faith.**
- 6. When someone you love dies, you only grieve and mourn for the physical loss of the person.**
- 7. On holidays, anniversaries, and birthdays, you should try to avoid thinking about the person who has died.**
- 8. After someone you love dies, the goal should be to “get over” your grief as soon as possible.**
- 9. Nobody can help you with your grief.**
- 10. Time heals all wounds – including the grief over a death.**
- 11. When grief feelings are finally reconciled, they never come up again.**