

THOUGHTS ON GRIEF

1. Myth: Mourning should be kept brief.
2. Myth: Mourning can be suppressed given the right attitude and the use of drugs and alcohol.
3. Myth: Mourning is an illness if it goes on very long.
4. Traveling through the valley of grief is like taking a journey through unknown territory.
5. Things once held constant may suddenly vanish in an emotional flux.
6. The daily activities of life impose an intolerable burden on one's defenses.
7. Depression comes from nowhere and seems magnified at night
8. Anger erupts without warning and anything or anyone can be the target.
9. Familiar situations may cause a frightening unpredictable response.
10. It brings about an unwelcome change in one's social structure.
11. Persons once counted on in times of stress are unable to handle the bereaved one's pain.
12. The world seems cold and frightening.
13. The beloved is a reference point for interpreting one's past and present.
14. Grief creates a frightening sense of helplessness.
15. Fears are close to the surface and often difficult to control.
16. The stress of grief places a strain on interpersonal relationships.
17. It causes one to take a new look at their value system and redefine their priorities.
18. It can sharpen one's spiritual awareness.
19. It provides insights never before experienced.
20. It allows the person to reach beyond themselves to touch the lives of others.
21. "Little things" are no longer as important as they once were.
22. It gives new directions to life.
23. One learns to live for the moment.