

MYTHS AND MISCONCEPTIONS IN GRIEF

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Myth

Reality

You only grieve after a person dies.

There are so many losses that occur in terminal illness before a physical loss takes place. This concept is called anticipatory grief. You grieve conversation, connection, intimacy, partnership and more as illness steals pieces of your person that made them who they are.

Grief is linear.

While its been said that there are five stages of grief, the process is far from linear. Grievers can revisit each stage, in no particular order, for the rest of their lives as different experiences bring up different emotions and triggers.

The first year is the hardest.

While this may be true for some, others who've experienced a loss that directly impacts their day to day life may still be cushioned by shock during the first year. It's often after the first year that the reality of the loss sets in.

Dating again helps reduce the magnitude of your grief.

Dating, and even finding love again, does *not* magically make grief disappear. Having a connection with someone can have a lot of positive benefits, if a grieving person is ready for that, but no one can ever "replace" a spouse or take away the pain of losing one.

You eventually overcome grief.

Grief is the continuation of love. It never ends. It lives with us forever, but with the right tools and support, it can be managed over time and less all-consuming.