

### **Myths of Grief**

- ☞ Grief and Mourning are the same experiences.
- ☞ There is a predictable and orderly stage like progression to the experience of mourning.
- ☞ It is best to move away from grief rather than toward it.
- ☞ Following the death of someone significant to you, the goal is to “get over” your grief.
- ☞ Tears expressed in grief are only a sign of weakness.
- ☞ Grief and mourning decline in a steadily decreasing fashion over time.
- ☞ All deaths prompt the same type of mourning.
- ☞ Bereaved individuals need only express their feelings in order to resolve their mind.
- ☞ Grief will affect the mourner psychologically, but will not interfere in other ways.
- ☞ Intensity and length of mourning are a testimony to love for the deceased.
- ☞ When one mourns a death, one mourns only the loss of that person and nothing else.
- ☞ Losing someone to a sudden, unexpected death is the same as losing someone to an anticipated death.
- ☞ Mourning is over in a year.

### **Our Mission**

Hospice of Washington County, Inc.  
compassionately serves our community by providing  
palliative and end-of-life care to patients and loved ones,  
as well as grief support for those coping with a life-changing loss.

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