

## Basic Truths about Grief

Grieving is normal, acceptable and healthy.

Grieving is highly individualized.

Grieving is painful in proportion to the significance of the person/thing lost.

Grieving is painful in proportion to the number of losses having occurred.

Grieving has no time limit; it takes longer than is usually recognized.

Grieving expresses itself in a host of physical, emotional and psychological ways.

Dreams about, looking for, or thinking you see the person you lost are all quite normal.

Feeling guilty is normal.

Children and pets grieve too.

The pain will ease.

Grief provides an opportunity for growth.

Grief feels lonely and isolated but begins to heal in company.

Grievers need to take responsibility for finding a support system.