

Additional Resources or Things to Remember

The Ten Day Syndrome – Immediately after a loss, family are bombarded with visitors, food, offers to help, condolences, calls and flowers. Most major news stories receive approximately ten days' worth of coverage and then people move on. The grief experience is often very similar. Keep mindful that while others are "moving on" the person experiencing the grief is just beginning his or her journey.

Common Myths or Grief Blockers

A sampling of the most common myths or grief blockers is listed below:

#4 I will need to make sure I don't grieve too long- one year should be enough – there is no exact time limit.

#5 If I express my anger at God or the circumstances of the death, I am a bad person and will "pay" for it. - Anger is an extreme and uncomfortable emotion which needs to be expressed. God is big enough to handle our anger and sorrow.

#13 Someday I will have another baby and that baby will erase the pain of this loss. – It is healthy to be hopeful about another pregnancy, however one must realize and acknowledge the loss. To expect that another baby will be a replacement puts an unfair burden on the expectant child as no individual can take the place of another.

#14 Once I am done with one stage of grief, I will simply move on to the next. – Recovery is like a maze with one step forward and two steps back.

27 In order to process my grief effectively I need to advance through the Five Stages of Grief – these are based upon the dying person's reality as he or she goes through the process of death, not the persons who are left behind.

#28 The final stages of grief requires acceptance – the authors suggest using the term acknowledgement as acceptance is defined as approval or agreement with.

For a complete list, please access Chapter Four entitled Myths and Misunderstandings of the Grieving Process pgs. 48-64. "I Wasn't Ready to Say Goodbye: a guide for surviving, coping, and healing after the sudden death of a loved one". Brook Noel and Pamela D. Blair, PhD (Sourcebooks, 2008). The authors make the disclaimer that these are only a partial list they have discovered within their practice and others may exist.

Excerpted from "I Wasn't Ready to Say Goodbye: a guide for surviving, coping, and healing after the sudden death of a loved one" by Brook Noel and Pamela D. Blair, PhD (Sourcebooks, 2008)