Grief is a response to any loss, not just the death of a loved one; traumatic changes in our lives, illness, divorce, and job changes are all losses that can affect us deeply. In discussing grief and bereavement during a Hospice Foundation of America’s conference, Cokie Roberts said: “Over time, people learn to live with the loss, but it’s not something you get over. The grieving process is a series of ups and downs, and often it's more intense in the early years.”

**Shattering Eight Myths About Grief**

**Myth 1** - We only grieve deaths  
**Reality** - We grieve all losses

**Myth 2** - Only family members grieve  
**Reality** - All who are attached grieve

**Myth 3** - Grief is an emotional reaction.  
**Reality** - Grief is manifested in many ways.

**Myth 2** - Individuals should leave grieving at home.  
**Reality** - We cannot control where we grieve.

**Myth 2** - We slowly and predictably recover from grief.  
**Reality** - Grief is an uneven process, a roller coaster with no time line.

**Myth 2** - Grieving means letting go of the person who has died.  
**Reality** - We never fully detach.

**Myth 2** - Grief finally ends.  
**Reality** - Over time most people learn to live with loss.

**Myth 2** - Grievers are best left alone.  
**Reality** - Grievers need opportunities to share their memories and grief

“The thing that we need to remember is that you never have to like a loss,” Roberts said. “You just have to learn to accept it and deal with it.” A more accurate understanding of the way grief affects us can facilitate healing.

HFA web site: [www.hospicefoundation.org](http://www.hospicefoundation.org)