

# **An article for thought**

*The Grief Recovery Institute, USA, and its affiliates offer a variety of programs for people who have undergone a loss in their life. The Grief Recovery Outreach programs of this Institute are designed to assist griever in completing the pain caused by any loss, The Institute also conducts the grief recovery certification program.*

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## **Myths about Loss**

We have all been educated to acquire things, we have been taught how to get an education, get a job, buy a house, etc. There are colleges, universities, trade, schools, and technical schools. You can take courses in virtually anything that might interest you.

What education do we receive about dealing with loss? What school do you go to learn to deal with the conflicting feelings caused by significant emotion loss? Loss is so much more predictable and inevitable than gain, and yet we are woefully ill-prepared to deal with loss.

One of the myths about loss is "Time heals all wounds." We often ask if anyone is still feeling pain, isolation or loneliness as the result of the death of a loved one 20 or more years ago. There are always several hands raised in response to that question. Then we gently ask, "If time is going to heal, then 20 years still isn't enough?"

While recovery from loss does take some time, it need not take as much time as you have been led to believe, Recovery is totally individual, there is no absolute time frame. Sometimes in an attempt to conform to other people's time frame, we do ourselves great harm. This idea leads us to myth, "You should be over it by now"

It is bad enough that well-meaning, well-intentional friends attack us with beliefs, clichés, but then we start picking on ourselves. We start believing that we are defective or somehow deficient because we haven't recovered yet.

If we take just the two myths we've mention so far, we can see that they have something in common. They both imply that a non-action will have some therapeutic or recovery value. That by waiting and letting time pass, we will heal. Let's add a third cliché to the batch, "you have to keep busy" many griever follow this incorrect advice and work two or three jobs. They fill their time with endless tasks and chores. At the end of the day, asked how they feel, invariable they report that their heart still feels broken; that all they accomplished by staying busy was to get exhausted.

Now, with only three basic myths we can severely limit and restrict our ability to participate in effective recovery. It is not only that people around us tell these beliefs in an attempt to help, but we ourselves learned and practiced these false beliefs for most of our lives. It is time for us to learn some new and helpful beliefs to assist us in grieving and completing relationships that have ended or changed.

**Question:**

*I have heard that it takes 2 years to “get over” the death of a loved one, 5 years to “get over” the death of a parent; and you will never “get over” the death of a child.*

**Answer:**

*Part of the problem is the phrase “get over”. It is more accurate to say that you would never forget a child who had died, anymore than you would ever forget a parent or a loved one. Another part of the problem is one of those myths we talked about, that time, of itself, is a recovery action. Although recovery from losses does take some time, it is the actions within time that lead to successful recovery.*

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# The After Loss Credo

I need to talk about my loss  
I may often feel the need to tell you what happened  
Or ask you why it happened  
I may frequently need for you to listen  
While I explain what this loss means to me  
Each time I discussed my loss, I am helping myself  
Face the reality of the death of my loved one  
I need to know that you care about me  
I need you feel your touch, your hugs  
I need you just to be with me  
And I need to be with you  
I need for you to believe in me and in my ability to get through this grief in my own way -  
and in my own time  
Please don't judge me now -  
Or think I'm behaving strangely. Remember I am grieving. I may feel deep rage  
I may even feel guilty, but above all, I hurt. I am experience a pain unlike any I've ever  
felt before. Don't be concerned if you think I'm getting better and then suddenly I seem  
to sleep backward again.  
Grief makes me behave this way at times.  
And please don't tell me you know how I feel  
Or that it is time to get on with my life  
I am probably a readying saying it to myself  
Finally allow me the time I need to grieve and to recover.,  
I want to get on with my life but know that first I must walk through  
the dark shadows of my grief and although it is almost  
impossible for me to believe in this now.  
I know one day my grief will end  
Most of all thank you for being my friend  
Thank you for caring, for helping for understanding  
Thank you for praying for me  
And remember in the days or years ahead - after your loss -  
when you need me as I needed you, I will understand,  
And then I will come and be with you.

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