



GRIEVING MYTHS

AND HOW TO AVOID THEM

AWAKEN & RENEW GRIEF COACHING LLC

AwakenRenewCoaching.com

Grieving Myths I Discovered in my Journey...and How to Avoid Them

Grieving is complex and unique to each person. There is no right or wrong way to grieve. Most of us are not prepared on how to grieve when we experience loss. So, we listen to the advice of family and friends and other well-meaning people in our lives, which can often lead us down the wrong path in navigating grief. Myths about grieving are perpetuated by well-meaning people who do not understand the complexities of the process. Here are some common myths about grieving that I have discovered in my journey and my thoughts on how to avoid them:

Myths:

1. You have to get over it and move on.

This is wildly misleading and damaging. You never get over a loss. You do learn to let go of negative thoughts, but never the memories or the love. The path to healing is not working to “get over it” or “move on” but accepting the loss and never forgetting the love. Please don’t ever think or feel like you have to get over it or move on from the loss of your loved one.

2. You will go through five stages and then be done grieving.

It is true that five stages of grief were described by Elisabeth Kubler-Ross. However, the stages are not linear or even absolute. Not everyone will go through all the stages or in the same order. How you grieve is as unique as the way you loved. Grief is not rational and cannot be overcome by checking off specific stages of grief. You will need to explore your own emotions of grief and your timeline to move forward.

3. Your loved one would not want you to be sad.

It’s true, your loved one would not want you to be sad. However, where there is grief there was great love. Your grief is a reflection of your love for the person you lost. There is no greater tribute than to grieve and mourn the love lost and then find meaning to honor your loved one. Sadness and a whole host of other emotions are part of that journey. Your loved one would want you to be happy but developing a “strong upper lip” to avoid sadness will not get you back on the path towards happiness.

4. The first year is the hardest and then you will be happy again.

There is no timeline for grief. The depth of your grief and the timeline you’ll go through it will be unique to you and will at some level be associated with the connection you had with the person you lost. Losing your spouse, your soulmate, and life partner is crushing. You will go through the year of firsts – first birthday, first holidays, first anniversary, etc. but those dates will always

exist and while you will find joy and happiness again, it does not mean that those “firsts” will not trigger an emotional response in the years to come.

5. Grief is something that can be fixed or cured.

Grief is not an illness that needs to be cured or fixed. It is a natural process and universal experience that everyone who loves will go through. Grief is a process, not a task. Surround yourself with people who are willing to acknowledge and join in your pain, not try to fix it.

6. Staying busy will help you get over your grief.

Staying busy will distract you, but will only delay the process of grief and will likely exhaust you mentally and physically. In the first few months of grief, you may notice that you are numb. This is your body’s natural way to protect you from the pain of your loss, but it can also limit your ability to make decisions. Brain fog during grief is real, so staying busy may not be the best idea when you are in the early stages of grieving. While life certainly does not stop for grief, take the time you need to heal and feel ready to get back into your day-to-day routine.

7. You need to sell their things or remove them from your home to move forward.

You don’t have to change or do anything until you are ready. When you make larger life decisions, like when to sell or remove their things from your home, is entirely up to you! There is no “right time”.

8. Dwelling on the loss or crying will not bring them back.

Yes, this is true, but dwelling, crying and feeling the pain is the only way to heal. Not crying and not feeling will ensure you never fully grieve the loss, preventing you from moving forward in your life.

9. Grieving means I will forget them.

Grieving is meant to help you heal, not put your loved one in your past. You will never forget them and if you take the time to grieve and feel, over time, you will learn to remember the good times more than the loss. You have to go through grief to find the other side.



Awaken & Renew Grief Coaching

Understanding and overcoming myths around grief are part of the journey to heal from your loss and to live the life you want. You deserve to be happy, to create a life after your loss AND you deserve to be supported in your grief. I am here to help and support you, one on one, as you seek to move forward in your grief journey.

I'm Emily Curtis. I am a widow who understands the impact of loss and enduring the agony of grief. I offer grief coaching with compassion and empathy to help you move forward in your grief journey and to live the life you want to live. Every journey is unique and personal, so each program I offer is tailored to you with the goal of getting you to the other side of grief and to find joy again.

Ready to begin?

[Schedule a free 30-minute consultation](#) so we may discuss your loss and explore a program that will support you best in your grief journey.