Specific Grief Issues, Fact or Fiction?

Directions – Split the group into smaller groups and have them answer the following items fact or fiction. Each group is to have a recorder and a reporter to share thoughts with the whole group concerning their assigned items. (I assigned at least three items to each small group.)

1. Bereaved people need only to express their feelings and they will resolve their grief:
   a. _____Fact   b. _____Fiction

2. Expressing feelings that are intense is the same as losing control:
   a. _____Fact   b. _____Fiction

3. It is better to tell bereaved people to “be brave” and “keep a stiff upper lip” because they will not have to experience as much pain:
   a. _____Fact   b. _____Fiction

4. There is no such person as a grief expert:
   a. _____Fact   b. _____Fiction

5. When grief is resolved, it never comes up again:
   a. _____Fact   b. _____Fiction

6. Grief always declines over time in a steadily decreasing fashion:
   a. _____Fact   b. _____Fiction

7. You will eventually be the same over time after the death of a loved one:
   a. _____Fact   b. _____Fiction

8. Grief will affect you psychologically, but in no other way:
   a. _____Fact   b. _____Fiction
9. After the death of a loved one, there is something wrong if you do not always feel close to your friends and family, since you should be happy you still have them:
   a. _____Fact  b. _____Fiction

10. All losses due to death are basically the same:
    a. _____Fact  b. _____Fiction

11. All bereaved people grieve in the same way:
    a. _____Fact  b. _____Fiction

12. You will have no relationship with your loved one after his/her death:
    a. _____Fact  b. _____Fiction

13. It is better to put painful things out of your mind:
    a. _____Fact  b. _____Fiction

14. You should not think about your deceased loved one at anniversaries or holidays because it will make you feel sad:
    a. _____Fact  b. _____Fiction

15. Once your loved one has died, it is best to put them in the past and move on with your life:
    a. _____Fact  b. _____Fiction

Note: The group facilitator may selectively choose the items to be discussed that best fit the group’s needs. Also, the facilitator can mix and match items and use them over the course of the group meetings.