

What Grief IS... and ISN'T

- Grief is a normal, natural and healthy response to a death.
- Grief is not your enemy, but an ally.
- Grief is the price we pay for loving someone or something.
- Grief is not time-limited, nor does time heal all wounds.
- Grief is a personal and individual experience, as unique as a thumb print.
- Your grief experience should not be compared to anyone else's.
- Grief is a painful experience.
- Grief is an emotional response to a significant loss.
- Grief is a lack of joy.
- Grief cannot be ignored; working through it is important (necessary).
- Grief is not always understood by others.
- Grief is a complicated process.
- Grief is hard work and takes enormous energy.
- Grief is when you are unable to think about anything else.
- Grief is a confusing journey through the wilderness without a road map.
- Grief is about change. Change means loss. Loss means grief.
- Grief is an inventory of what has been lost (secondary losses).
- Grief is the journey from the old normal to a new normal.

By Ian Henderson, Ottawa Grief Educator. Bereavement Support and Education Ottawa