

Recognizing **5 Grief Myths**

... kept me grounded as I
cleaned out my parents'
home...

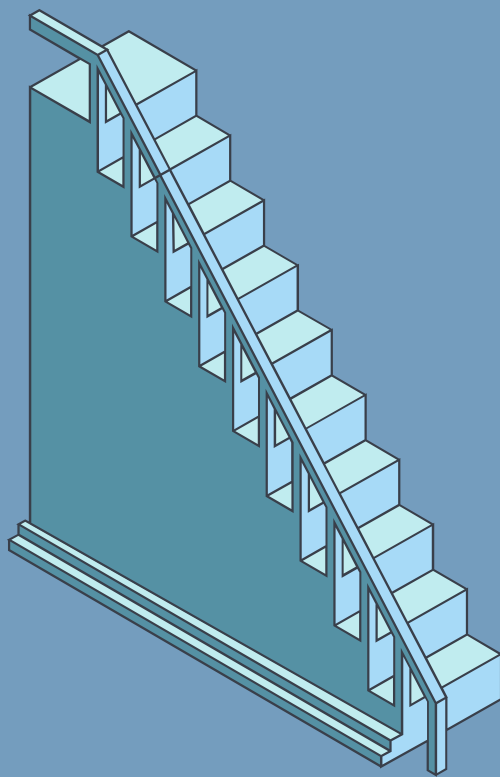
I hope they will help you, too.



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Grief Myth #1

Grief progresses in easily-defined stages.



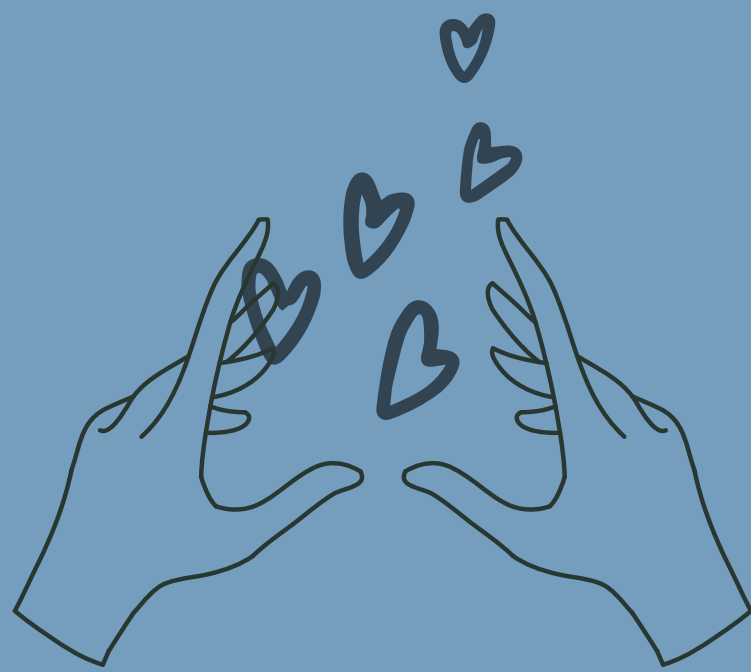
The Actual Truth is:

Trying to fit ourselves and our sorrow into a package will only lead to self-condemnation.

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Grief Myth #2

Grief ends, and
we “let go.”



The Actual Truth is:

You're not going to stop
loving, so you're not going
to stop grieving. But the
pain becomes less
intense.

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Grief Myth #3

If we ignore or avoid grief, it will go away on its own.



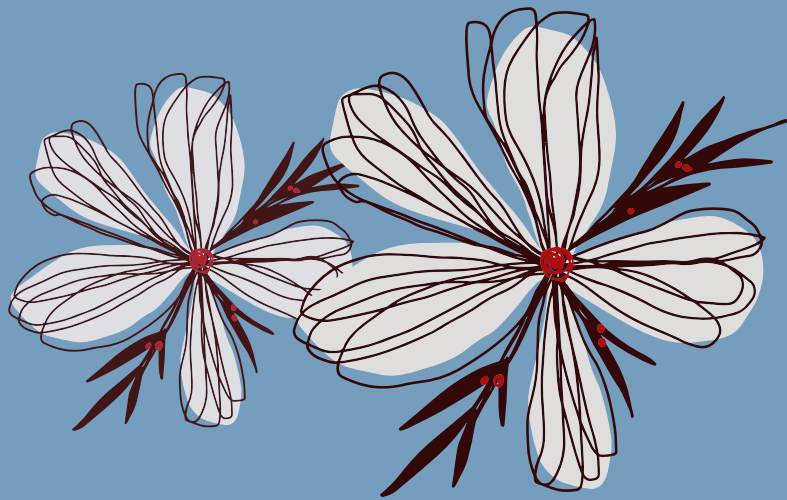
The Actual Truth is:

If we ignore grief, it just goes deep.

To get a sense of healing, we must give grief the time and attention it needs.

Grief Myth #4

Grief is easier when the person you lost was suffering.



The Actual Truth is:

We may be glad our loved one isn't in pain anymore, but that won't rub out all our distress – because grief is about *our* loss.

Grief Myth #5

Grief demonstrates a
lack of faith



The Actual Truth is:

Jesus wept over a dead
friend. We've got an
emotional God.

He is a safe place to take
our questions and hurts.
He understands.

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A photograph of a yellow building with white trim, including a door and windows. The building is set against a background of green trees and a clear sky. The foreground shows a grassy area with some small plants.

**Let's get to know
each other better!**

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for encouraging
messages and
prompts to tell *your*
story.**