

## Is It a Myth?

Answer True (T) or False (F) to the following statements.

- Grief and mourning are the same experience.
- We only experience grief following the death of someone we love.
- Grief refers to only the sadness and other emotions we experience following a significant death or loss.
- All deaths prompt the same type of grief reactions.
- We experience grief in various stages.
- We should encourage people to move away from grief rather than toward it.
- Our goal following a significant loss is to get over it and find closure.
- Women are all emotional about loss, while men don't express any emotions.
- Crying only makes matters worse.
- People need only express their feelings in order to resolve their grief.
- The grief experience declines in symptoms and intensity in a steadily decreasing fashion and ends within one year.
- To be healthy after the death of a loved one, the mourner must put the person out of their mind.