



Grief Facts

The way out of grief is through it.	The very worst grief is the one you are in right now.	Grieving is hard work.
Effective grief is not done alone.	Grief shared is grief diminished.	Grief is the outcome of love and attachment.
Grief is individual. Each person is unique. Each relationship is unique.	Grieving is a process; grief is not an "event."	Grief is a natural and normal response to loss.
Grieving is not a sign a weakness nor a lack of faith, but rather a tribute to the love shared and to the loved one.	There is no time frame nor agenda for the grief process. There are tasks to be done and grief takes as long as it takes.	Processing grief with others and positive skills gives the opportunity to resolve grief in one's own time.