

GRIEF'S HOLD

EXERCISE 2.3: UNHELPFUL BELIEFS ABOUT BEREAVED PEOPLE

- Step 1. Tick any of the unhelpful beliefs listed below that someone has said to you or that you have said to yourself.
- Step 2. List any other unhelpful beliefs you have heard.
- Step 3. Circle those that you believe to be true.
- Step 4. Spend five minutes reflecting on any of the beliefs you've circled, and note down in your journal anything that comes to mind.

Beliefs expressed by others

You've got to get on with your life
You've got to get over it
You've got to be strong
You've got to stop crying
You've got to think of the children
You should be better by now

Beliefs expressed by bereaved people

I've got to snap out of it
I've got to get over it
I thought I was strong
I've got to stop crying
I've got to put on a brave front for the children
I should be better by now

