



1-800-526-3485

FACTS ABOUT GRIEF

1. Grief is an unavoidable process which must be experienced before recovery can occur.
2. Verbalization speeds the grieving process; people may need to tell their story over and over.
3. People who are grieving do not need judgments, advice, nor questions; they need someone who will listen.
4. There are stages involved in grieving; people tend to drift in and out of these stages for an indefinite period of time.
5. As people grieve, one helpful thing friends can do is to be there with quiet reassurance.
6. Grief knows no time-lines and can be intense (although there are somewhat predictable indicators for length and intensity).
7. There is no right or wrong way to grieve.

This information is taken from Hospice of Southeastern Michigan.