

Unhelpful Beliefs About Grieving People

Many unrealistic (and typically unhelpful) beliefs are held about people who have lost a loved one (Morris, 2018).

This worksheet helps us capture some of these thoughts and recognize them as unhelpful.

1. Begin by listing unhelpful beliefs you have heard, thought, had said to you, or you have said to yourself (some examples are given below).
2. Highlight or circle those you believe to be true.
3. Spend five minutes on each of those you have highlighted, capturing and writing down thoughts that come to mind.

Beliefs expressed <i>about</i> bereaved people	Related beliefs expressed <i>by</i> bereaved people	Thoughts. Why might this be unreasonable?
You just need to move on with life.	I need to snap out of this – it's not fair on everyone else.	They were the love of my life—I am not ready to move on.
You must be strong.	I thought I was strong – I must be wrong.	I am usually strong, and I will feel that way again.
You need to stop crying all the time.	I shouldn't be trying it's been X days.	When I feel overwhelmed, I cry, and it seems to make things a little easier.
You should be ok by now.	I should be over this.	There is no set time to get over the loss of a loved one.

Beliefs expressed <i>about</i> bereaved people	Related beliefs expressed <i>by</i> bereaved people	Thoughts. Why might this be unreasonable?

As you work through each one, remember that grief does not have a calendar and it may come and go in waves.

References

- Morris, S. (2018). *Overcoming grief: A self-help guide using cognitive behavioural techniques*. London: Robinson.

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