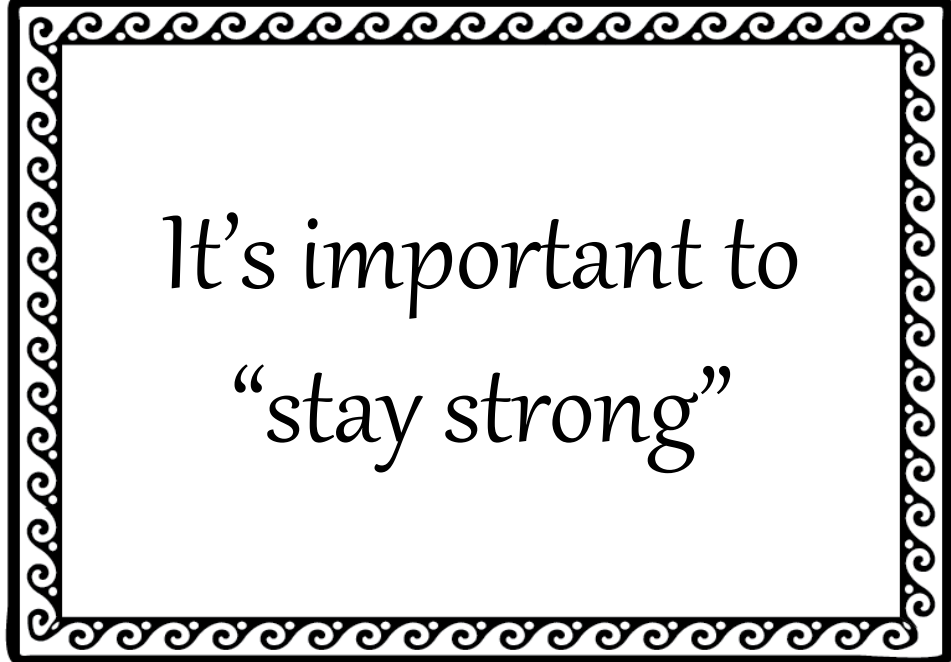
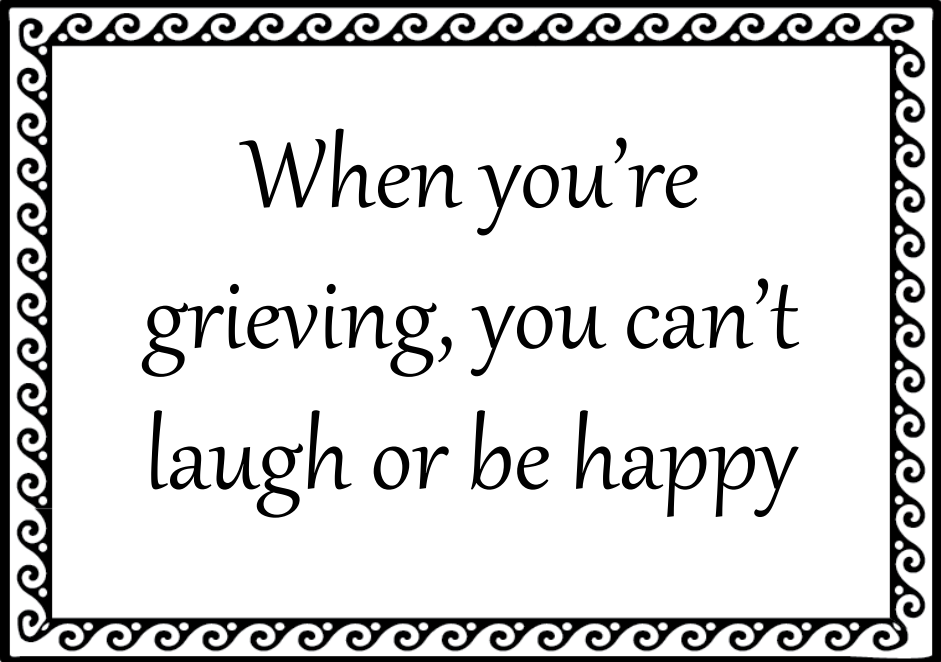



The pain will go  
away if you ignore it



It's important to  
“stay strong”



When you're  
grieving, you can't  
laugh or be happy



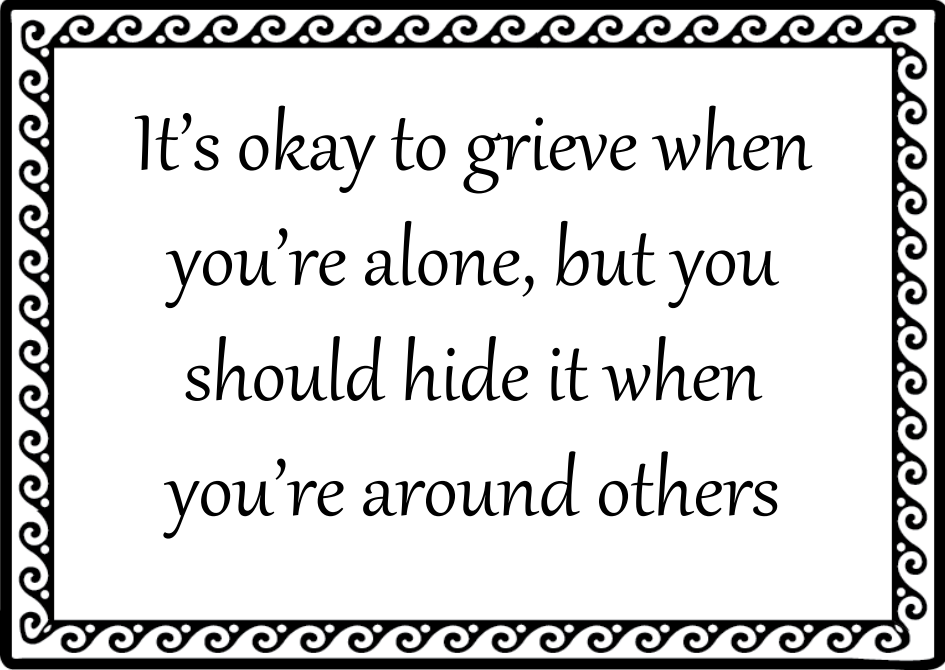
Grief lasts a few  
months to a year

Women grieve  
more than men

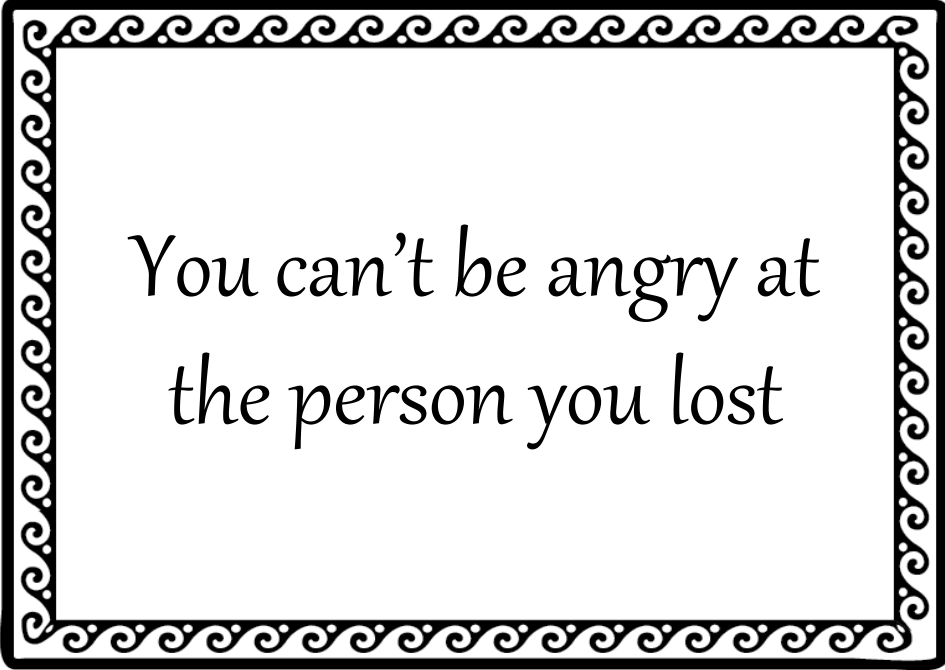
The goal of grief is to  
“get over” the death

Once you heal from your  
loss, you will never feel  
the pain again

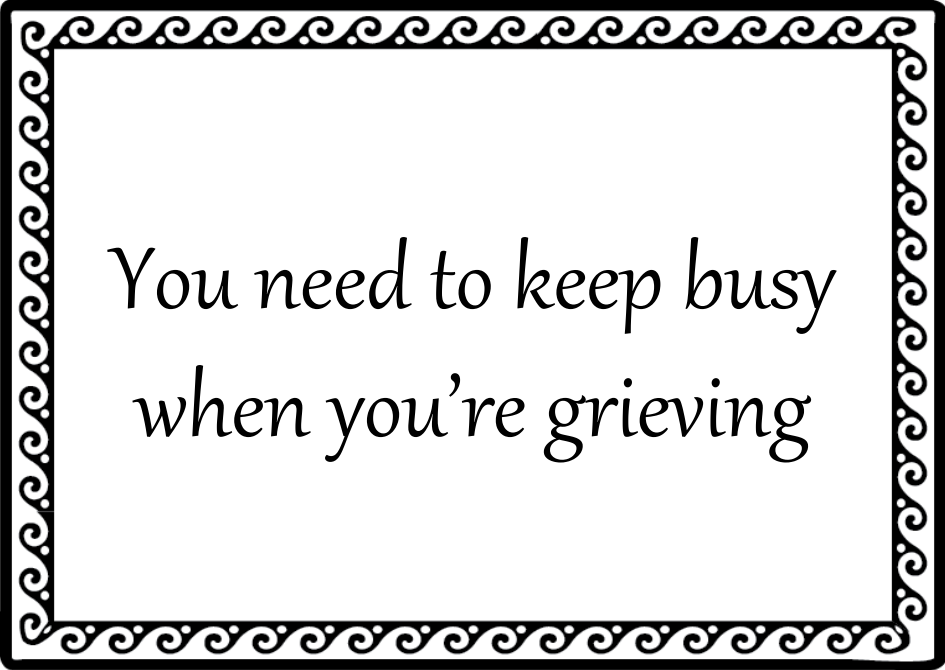
Grief & crying are  
signs of weakness



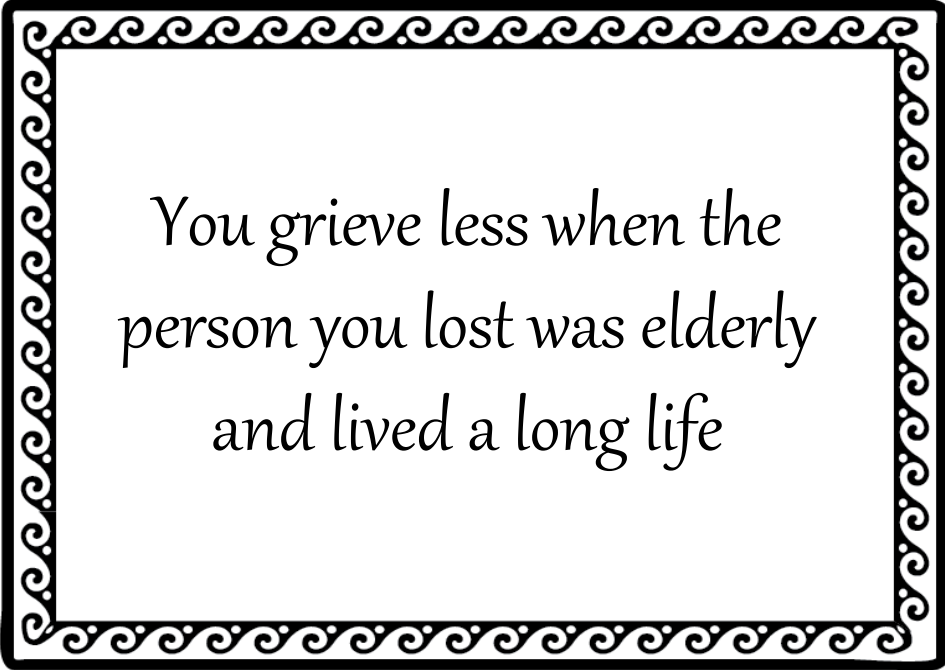
It's okay to grieve when  
you're alone, but you  
should hide it when  
you're around others



You can't be angry at  
the person you lost



You need to keep busy  
when you're grieving



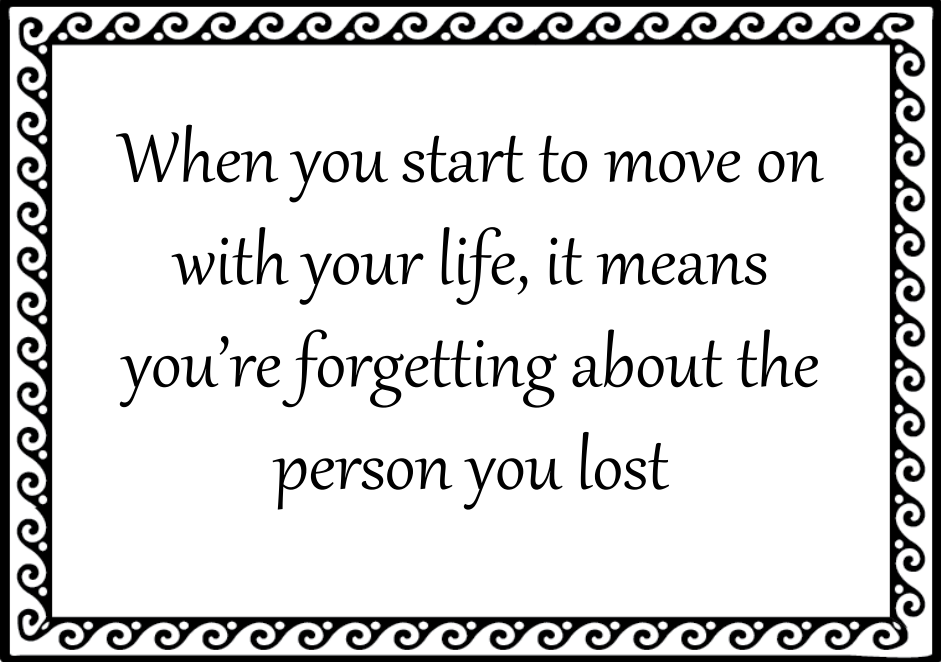
You grieve less when the  
person you lost was elderly  
and lived a long life

It's easier to deal with an anticipated death than a sudden, unexpected death

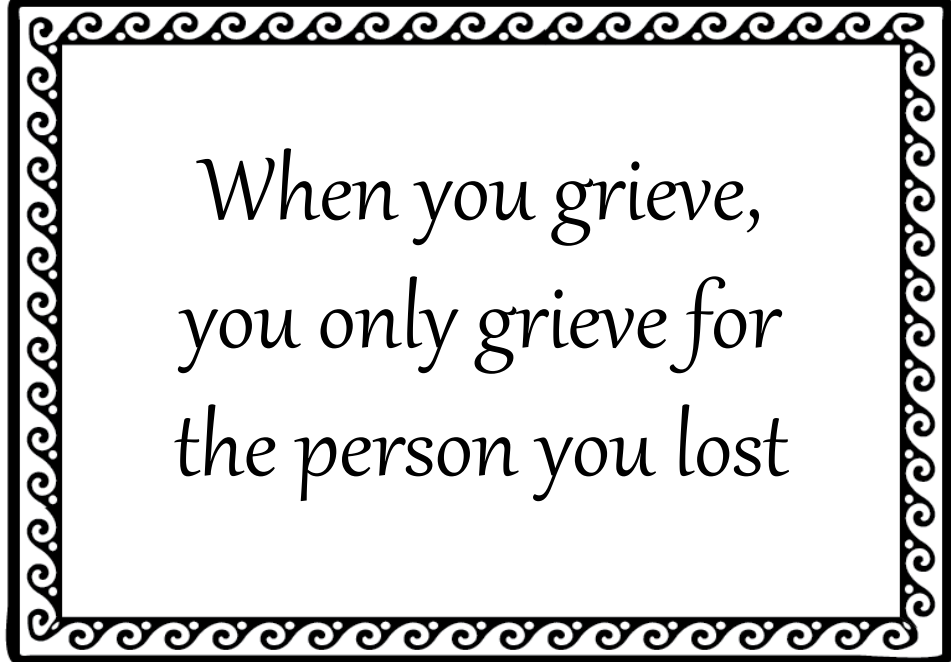
Eventually, you should stop talking about the person you lost. You should get rid of their belongings and take down photos of them that you have displayed because it just makes you sad

If you don't cry after the death of a loved one, it means you don't really care

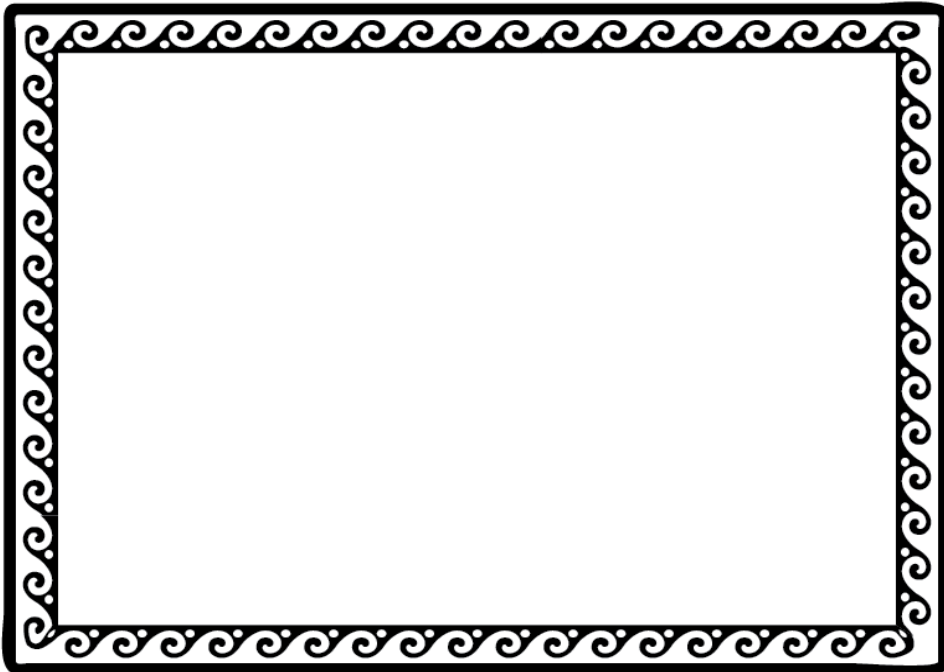
When you're grieving, you want to be left alone. You don't want your friends or family members to talk about the loss



When you start to move on  
with your life, it means  
you're forgetting about the  
person you lost



When you grieve,  
you only grieve for  
the person you lost



# Credits



[Alina V Design and Resources](#)

-Thank you for the frames!