

**ICEBREAKER ACTIVITY
MYTH OR FACT--- ABOUT GRIEF**

1. M F If you don't cry, it means you aren't sorry about the loss.
2. M F Moving on with your life means you're forgetting the one you lost.
3. M F You can only grieve a death.
4. M F Women grieve more deeply than men.
5. M F There is no right or wrong time frame for grieving.
6. M F If you ignore the pain, it will go away faster.
7. M F Grief counseling is harmful.

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