

Men in Grief:

Men in grief must deal with both the mourning process and the expectations of a culture that implies it is more important for them to live up to society's needs than it is to work through the grieving process.

To deal with the grief process in a healthy manner, it is important to look at the expectations society puts on a man. A man is expected to be controlled, confident, rational, assertive, protecting, providing, and concerned with thinking rather than feeling. A man is not expected to lose control, be afraid, or express the need for love or affection. If a person examines this list of expectations with a sense of honesty and compassion, there is the realization that these are unrealistic demands.

“There were times I wanted to go around and say, ‘Hey world. I’m grieving too. I’m not as strong as you think I am.’”

(Father whose teen was killed in a car accident)

Myth and Reality:

A Myth About Grief — The goal of grieving is to “get over it and get on with life.”

The Reality — We do not “get over” loving someone. Healthy mourning is the process of finding new, creative or alternative ways to connect with the deceased. Those who are grieving need to remember their deceased loved ones in a way that includes the deceased in the lives of the living. This takes time and hard work. People and relationships are not something we “get over.”

For More Information:

Trusted Sharing... The Man's Experience of Grief, a support group led by a man for men only, looks at the unique manner in which men work through the process of mourning. There is no charge for participation and registration is required. Please call 330-665-1455 for dates and times.



Men and the Mourning Process



This information is courtesy of
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Bereavement Support Program**
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Unhealthy Grieving:

The following are five ways that research has shown men most often deal with the feelings of grief they experience. (These are not absolute for every man.)

When grieving, men tend to:

- 1.) *Remain silent.* Not expressing any feelings at all offers protection against vulnerability.
- 2.) *Grieve alone.* For many men, grief is conducted in private.
- 3.) *Take physical and legal action.* It is common for men to want to “take control” of the death by taking physical action which can be all-consuming. This response counteracts the feelings of helplessness that occur with death.
- 4.) *Become immersed in activity.* Some men immerse themselves in work, domestic, sports or sexual activities in the attempt to avoid grieving.
- 5.) *Exhibit addictive behavior.* Many men do not want to admit to feelings such as helplessness, vulnerability, fear or the unpredictability of death. Therefore, they may turn to alcohol, drugs, sexual activity, extreme sports activities, or other addictive behaviors to mask or avoid the feelings.

Healthy Grieving:

Healthy coping in the grief process includes facing, acknowledging, and expressing the pain.

- 1.) *Facing the pain* refers to acknowledging that it does exist and that it is a part of the person’s life.
- 2.) *Admitting the pain* opens the heart to experience the compassion and support needed to begin the healing process. Healing does not take place in isolation, but in a community that cares, supports, and struggles together to define the meaning of the life and death of our loved one.
- 3.) *In expressing the pain*, there is openness to growing through the pain. Growth happens as the person shares needs and hopes.



Goals of Grieving:

The goal of the mourning process is not to forget, but to remember with less pain.

- 1.) *Define who the bereaved is* in relation to the deceased. It is important to identify the significance of the deceased to the bereaved, both in the past and in the present.
- 2.) *Determine how to remember* (rather than forget) the deceased and take those memories into the future.
- 3.) *Define new relationships* into which a person can place the energy and love that once went to the deceased.
- 4.) *Define ways to memorialize the deceased.* It is important to acknowledge the significance the deceased had and still has to the grieving person.

Call Us:

You don't have to go through this alone.
If you need to talk further, call the
Bereavement Coordinator of
Hospice of Visiting Nurse Service at
330-668-4662 or 800-335-1455.
We have many resources which you
might find valuable while
working through your grief.