

Quiz topic focuses on death in family

By Dr. Joyce Brothers
Ask Dr. Joyce

The death of someone you love can be one of the greatest and most painful losses you experience in your life. Grief and bereavement are natural, healthy responses to feelings of loss. This quiz will test your knowledge of some of the aspects of mourning.

1. Feelings of bereavement can only accompany the death of a loved one.

TRUE () FALSE ()
2. Grief proceeds in five steps: Denial, anger, bargaining, sadness and, finally, acceptance.

TRUE () FALSE ()

3. Mourning is the process by which we adapt to the loss we have experienced, and its practices can be influenced by our culture, customs and societal expectations.

TRUE () FALSE ()

4. For every death by suicide, usually only one or two people are affected, since the suicidal person will have almost completely removed himself from social or interpersonal relationships before taking his life.

TRUE () FALSE ()

5. The best way to deal with the grief felt after losing a family member is to ignore the feelings and try to keep your mind on other things.

TRUE () FALSE ()

6. Children and adults mourn in the same ways, and children's grief can be addressed and treated in the same way as that of adults.

TRUE () FALSE ()

7. When explaining the death of a loved one to a child, you should be upfront and straightforward, and try to avoid euphemisms.

TRUE () FALSE ()

8. Physical reactions to grief, especially the loss of a spouse, can en-

danger your health.
TRUE () FALSE ()

Answers

1. **False.** Bereavement is a natural feeling that comes at the loss of anyone or anything held in a place of importance.

2. **True.** This wide and confusing array of emotions typically is seen after a loss, especially after the death of a loved one.

3. **True.** The time spent in mourning can be influenced by many factors, but usually it's based on the closeness of the relationship with the lost person.

4. **False.** For each suicide committed, any number of people will experience intense grief and go through a period of mourning. People affected can include immediate and extended family, romantic partners, friends, co-workers and doctors or therapists.

5. **False.** While it can be easier to avoid confronting the feelings of pain and loss that a death in the family brings on, this is not a viable strategy for coping with the loss, and buried grief likely will manifest itself later in life as mental, emotional or even physical illness.

6. **False.** There are important ways in which adults and children grieve differently. 7. **True.** Children will respond best if they can understand as much as possible about what has happened to their loved one.

8. **True.** While your own health may be your last concern while you are mourning a loved one, you should try to keep your physical well-being in mind by making sure you're eating, getting some exercise and seeing a doctor if and when you need to. If you were able to answer six of the eight questions correctly, you're more knowledgeable than most about grief and bereavement.

			4	6				
			9		2	1		
		5					6	
	5		3					6
9					4			3
3		4	8	5				1
1	9		5				7	
		6				5		
		7	6	2	1	4	3	

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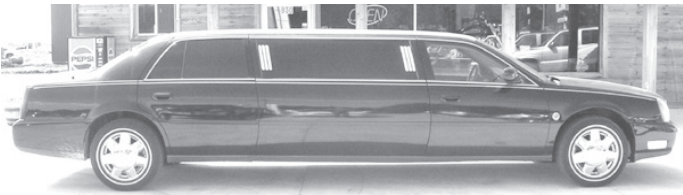
By Dave Green

Sudoku

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is below.

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*Sudoku
answer
from top
of page*

8	1	9	4	6	5	3	2	7
6	4	3	9	7	2	1	8	5
7	2	5	1	3	8	9	6	4
2	5	1	3	9	7	8	4	6
9	6	8	2	1	4	7	5	3
3	7	4	8	5	6	2	9	1
1	9	2	5	4	3	6	7	8
4	3	6	7	8	9	5	1	2
5	8	7	6	2	1	4	3	9

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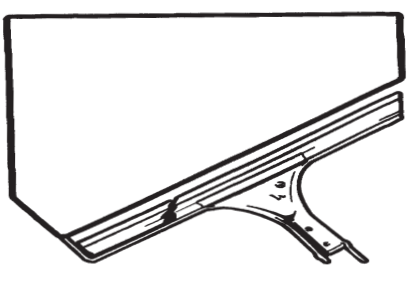


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