

## THE GRIEVER'S BILL OF RIGHTS

1. **I have the right to have my own unique feelings about the death.** All people grieve in their own way and in their own time. Others may try to tell me how I should be feeling, but I do not need to listen to them.
  2. **I have the right to talk about my grief whenever I feel like talking.** Talking about grief is part of my healing process. When I need to talk, I will find someone who will listen to me. When I don't want to talk about it, that is also okay.
  3. **I have the right to show my feelings of grief in my own way.** I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
  4. **I have the right to be patient with my own physical and emotional limits.** Grief is stressful and tiring. I will respect what my body and mind are telling me. I will get plenty of rest and eat healthfully. I have the right to say "no" when others try to push me into things which I am not ready to do.
  5. **I have the right to have "griefbursts".** Griefbursts are sudden, unexpected feelings of sadness that just hit me at unexpected times—even long after the death. These feelings can be very strong and even frightening. When these bursts happen, I may need to find someone with whom to talk.
  6. **I have the right to need other people to help me with my grief.** Mostly I need others to pay attention to what I am feeling and saying without giving me advice or being judgmental.
  7. **I have the right to use my beliefs about my God to help me deal with my feelings of grief.** If my spirituality helps me during this time, I can express it in whatever way seems appropriate to me.
  8. **I have the right to find meaning to my life right now.** I may be asking myself "why" questions such as "Why me?" or "Why now?" There may or may not be answers to these questions. Some people may give me clichéd answers which are not helpful—statements such as "It was God's will" or "You should be thankful that his suffering is over." I do not have to accept these responses.
  9. **I have the right to think and talk about my memories.** Sometimes these memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died. I can look for someone who will share these memories with me.
  10. **I have the right to move toward my grief, feel it, and over time, to heal.** My healing may take a long time, and life will never be exactly as it once was. However, I can go on to live a happy life again. I will be patient with myself as I accept the changes in my life.
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