

# Grief Education Series



## Grievers Bill of Rights

Each person who is grieving the loss of their loved one will go through the process of healing in their own way. For many individuals this process is not completed alone, but rather with the help of family, friends, and members of your community. Though the support of these individuals is important, sometimes the “helpful” information, advice, or suggestions may not be what you need in order to move forward with life.

In the grief process, it is important to know that you have certain “rights”. The intention of the following list is to grant you permission to do things the way that feel right to you in your grief. This list is taken from grief researcher Alan D. Wolfelt, Ph.D. who has helped many grievers as they travel this grief journey.

### ***Griever’s Bill of Rights***

1. *You have the right to experience your own unique grief.*

No one else will grieve in exactly the same way you do. So, when you turn to others for help, don’t allow them to tell what you should or should not be feeling.

2. *You have the right to talk about your grief.*

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.

If at times you don’t feel like talking, you also have the right to be silent.

3. *You have the right to feel a multitude of emotions.*

Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don’t take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. *You have the right to be tolerant of your physical and emotional limits.*

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don’t allow others to push you into doing things you don’t feel ready to do.



5. *You have the right to experience “grief bursts”.*

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. *You have the right to make use of ritual.*

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. *You have the right to embrace your spirituality.*

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. *You have the right to search for meaning.*

You may find yourself asking, “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, “It was God's will” or “Think of what you have to be thankful for” are not helpful and you do not have to accept them.

9. *You have the right to treasure your memories.*

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. *You have the right to move toward your grief and heal.*

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

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Your turn: What are some “rights” that the above list might be missing?  
What are the things YOU need in your grief?



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Your ANCORA Social Services/Bereavement Team is available to support you in your grief process.  
Please reach out to them with any questions or concerns at 208-452-2672.