

THE MOURNER'S BILL OF RIGHTS

by Alan D. Wolfelt, Ph.D.

- You have the right to experience your own unique grief.
- You have the right to talk about your grief.
- You have the right to feel a multitude of emotions.
- You have the right to be tolerant of your physical and emotional limits.
- You have the right to experience “griefbursts.”
- You have the right to make use of ritual.
- You have the right to embrace your spirituality.
- You have the right to search for meaning.
- You have the right to treasure your memories.
- You have the right to move toward your grief and heal.



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