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.