



## **Mourner's Bill of Rights**

(Dr. Alan Wolfelt)

- 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 "grief bursts."
- 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.