

The Mourners Bill of Rights

1. You have the right to experience your own unique grief
2. You have the right to talk about your grief and your loved one
3. You have the right to feel a wide range of emotions
4. You have the right to make use of a ritual that is comforting to you
5. You have the right to listen to your body and be tolerant of your physical and emotional limits
6. You have the right to let the tears flow
7. You have the right not to be rushed through your grief
8. You have the right to search for meaning
9. You have the right to your memories
10. You have the right to move towards finding personal healing from grief