

The Griever's Code

Eleven Rights to Remember While Surviving a Loss

1. I have the right to experience my own unique grief.
2. I have the right to talk about my grief.
3. I have the right to feel a multitude of emotions.
4. I have the right to be tolerant of my physical & emotional & financial limits.
5. I have the right to make use of additional ritual.
6. I have the right to make use of additional ritual.
7. I have the right to embrace my spirituality.
8. I have the right to search for meaning.
9. I have the right to honor my memories.
10. I have the right to move toward my grief and to heal.
11. I have a right to a tomorrow.