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.
- 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.

Source: Adapted from Wolfelt, Alan D. (1997) The Journey Through Grief, Reflections on Healing. Ft. Collins, CO: Companion Press, pp. 141-143