

My Grief Rights

What to Know

Someone you love has died. You might be having painful and scary thoughts and feelings. Together these thoughts and feelings are called grief, which is a normal thing people experience after someone they love has died.

You might experience grief in different ways than other people, and that's OK. The following ten rights will help you understand that how you experience and cope with grief is healthy and normal for you.

My Grief Rights

1. I have the right to have my own unique feelings about death. I might feel angry, scared, sad, or lonely. I might not feel anything at all sometimes.
2. I have the right to talk about my grief whenever I feel like it. When I need to talk, I'll find someone who will listen. When I don't want to talk about it, that's OK, too.
3. I have the right to show or express my feelings in my own way. Maybe I'll write in my journal, draw a picture, or scream and punch my pillow.
4. I have the right to get help with my grief. I need the adults in my life to pay attention to what I'm feeling and saying.
5. I have the right to be upset. Sometimes I might get annoyed or have trouble getting along with others.
6. I have the right to have "grief-bursts." Grief-bursts are strong, sudden, unexpected feelings of sadness that overwhelm me sometimes.
7. I have the right to use my beliefs to help me cope.
8. I have the right to try to figure out why the person I love died and ask questions about death.
9. I have the right to think and talk about my memories. Sometimes my memories are happy, and sometimes they are sad.
10. I have the right to move forward and heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me.

What are some other rights you have about your grief? Write them down.

What to Do

Post this list on your bedroom door or wall or copy it into your smartphone. Re-read this list often to remind yourself you have rights when you're grieving - and that you will eventually heal.

Ask the adults in your life to read this list so they can help you in the best way they can. Who can you share your rights with?

Who can you talk to when you feel like talking?

What are some of the feelings you've had so far?

What can you say when you want to be alone?

What are some healthy ways you can show or express your feelings?

What beliefs can help you with your grief? For example, you might pray or attend religious services.

What are some ways you can remember your loved one?
