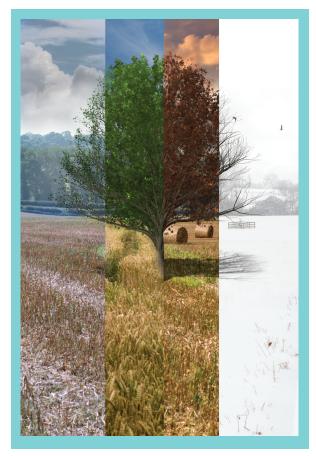
Ways You Can Help Me Grieve

A Bill of Rights for the Bereaved



- 1. Don't tell me how to feel.
- 2. Don't make me do anything I don't want to do.
- 3. Let me cry.
- 4. Allow me to talk about the deceased or be silent.
- 5. Don't force me to make quick decisions.
- 6. Let me act strange sometimes.
- 7. Let me see that you are grieving too.
- 8. When I am angry, allow me to feel that emotion.
- 9. Do not speak to me in clichés. She's in a better place. Or phrases that begin with At least. At least he's no longer suffering; at least you still have other children; at least you're young enough to marry again.
- 10. Listen to me, please!
- 11. Please forgive my rudeness, thoughtlessness, or "griefbursts" of emotion.

Adapted from Bill of Rights for the Bereaved by June Cerza Kolf



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