

We hope this empowers you to let others know how to support you at this time.

Ways You Can Help *Me* Grieve

A Bill of Rights for the Bereaved



10. Listen to me, please!

11. Please forgive my rudeness, thoughtlessness, or “griefbursts” of emotion.

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.*

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



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