

# *Mourners' Rights*

- *I have the right to experience my own unique grief in my own unique way.*
- *I have the right to feel what I am feeling, regardless of how those feelings shift from moment to moment.*
- *I have the right to feel angry.*
- *I have the right to be treated as a capable person.*
- *I have the right to say NO.*
- *I have the right to privacy.*
- *I have the right to ask for help.*
- *I have the right to be listened to.*
- *I have the right to be treated with respect.*
- *I have the right to socialize when ready.*
- *I have the right to cry – or not.*
- *I have the right to express my feelings.*
- *I have the right to be upset.*
- *I have the right to be supported.*
- *I have the right to express my needs.*
- *I have the right to talk about my grief.*
- *I have the right to experience joy.*
- *I have the right to feel a multitude of emotions, or not.*
- *I have the right to be tolerant of my physical and emotional limits.*
- *I have the right to experience unexpected bursts of grief.*
- *I have the right to make use of healing rituals, including the funeral.*
- *I have the right to embrace my spirituality.*
- *I have the right to have fun.*
- *I have the right to be disappointed.*
- *I have the right to search for meaning in life and death.*
- *I have the right to treasure my memories.*
- *I have the right to be alone.*
- *I have the right to be given time for the healing process.*