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.
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

Samaritan Healthcare & Hospice

(856) 596-8550
SamaritanNJ.org