

BUILDING MY OWN  
Griever's  
Bill of Rights

It's important to remind ourselves that even though we will all have grief throughout our lives, it is felt and experienced completely uniquely for each individual.

With that in mind, it is nice to remember that we don't have to follow a certain mold of "grieving correctly" and that if we are thinking, feeling, or seeing things differently than those around us, we don't have to judge ourselves or others for these difference.

There are also times where we may need to give ourselves some grace when grief feels heavy. This is where the Griever's Bill of Rights comes in! There are some wonderful Griever's Bill of Rights to be found when you Google it, but here's another one of those reminders ... it may not all feel right for you.

So here's a template to start building your own. Feel free to look the others up for inspiration, or build yours from scratch. Change anything on here and keep adding to it as you learn and grow through your grief.

*It's amazing what happens when we can learn to allow ourselves permission and compassion in the midst of grief!*

