

My Grief Rights for Kids

by Alan D. Wolfelt, Ph.D.

1. I have the right to have my own feelings about the death.
2. I have the right to talk about my grief whenever I feel like it.
3. I have the right to show my feelings of grief in my own way.
4. I have the right to need other people to help me with my grief, especially grown-ups who care about me.
5. I have the right to get upset about little things.
6. I have the right to have “griefbursts.” Griefbursts are sudden feelings of sadness that just hit me sometimes—even a long time after the death.
7. I have the right to use my beliefs about God to help me with my feelings of grief.
8. I have the right to understand why the person I love died.
9. I have the right to remember the person who died.
10. I have the right to grieve and, over time, to heal.

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