

My Grief Rights

By Alan D. Wolfelt, Ph.D.

I have the right to my own unique feelings about the death. I may feel mad, sad, or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.

I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's OK too.

I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play and laugh, too. I might also get mad and scream. This does not mean I am bad, it just means that I have scary feelings that I need help with.

I have the right to need other people to help me with my grief, who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

I have the right to get upset about normal, everyday problems. I might feel grumpy and have trouble getting along with others.

I have the right to have "griefbursts". Grief bursts are sudden, unexpected feelings of sadness that just hit me sometimes- even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.

I have the right to use my beliefs about my god to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who has died.

I have the right to try to figure out why the person I loved died. But it's OK if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.

I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.

I have the right to move toward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss them.

Help over the Holidays

Kids Help Phone	1 800 668 6868	www.kidshelpphone.ca
Waterloo Region Crisis Line	519-744-1813	
Front Door	519-749-2932	www.frontdoormentalhealth.ca
The Coping Centre	519-650-0852	www.copingcentre.com
Lutherwood Counselling	519-622-1670	
Hospice of Waterloo Region	519-743-4114	www.hospicewaterloo.ca

Teen Grief Group - Starting Saturday January 12, 2015 at the Hospice of Waterloo Region, 298 Lawrence Avenue, Kitchener, 7:00 p.m. – 8:30. Individual Counselling also available.

Teen Grief Group - Starting after March Break at the Coping Centre in Blair. You must call them and then meet with them, before you start the group. Dates and times to be determined.

