

Grieving Child's Bill of Rights (Alan D. Wolfelt)

I have the right...

...to my own unique feelings about the death.

Mad, sad, lonely, scared, relieved, numb, or nothing at all.

No one will feel exactly like I do.

...to talk about my grief whenever I feel like talking.

When I need to talk, I will find someone who will listen and love me. When I don't need to talk that is OK, too.

..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 or laugh, too. I might also get mad or misbehave. This doesn't mean I am bad; it just means that I have scary feelings that I need help with.

... to use my beliefs about God to help me with my grief.

Praying might make feel better and closer to the person who has died.

... to try and figure out *why* the person I loved died.

But it's OK if I don't find the answer. "Why" questions about life and death are the hardest questions in the world.

... 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, memories help me keep alive my love for the person who died.

...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 the person who died.