

MY TEEN GRIEF RIGHTS

- I have the right to have my own unique feelings about the death.
- I have the right to talk about my grief whenever I feel like talking.
- I have the right to show my feelings of grief in my own way.
- I have the right to need other people to help me with my grief, especially grown-ups who care about me.
- I have the right to get upset about normal, everyday problems.
- I have the right to have "grief-bursts."
- I have the right to use my beliefs about my God to help me deal with my feelings about grief.
- I have the right to try to figure out why the person I loved died.
- I have the right to think and talk about my memories of the person who died.
- I have the right to move toward and feel my grief and, over time, to heal.