

## Twelve Freedoms of Healing in Grief

1. You have the freedom to realize your grief is unique.
2. You have the freedom to talk about your grief.
3. You have the freedom to expect to feel a multitude of emotions.
4. You have the freedom to allow for numbness.
5. You have the freedom to be tolerant of your physical and emotional limits.
6. You have the freedom to experience grief attacks or memory embraces.
7. You have the freedom to develop a support system.
8. You have the freedom to make use of ritual.
9. You have the freedom to embrace your spirituality.
10. You have the freedom to allow a search for meaning.
11. You have the freedom to treasure your memories.
12. You have the freedom to move toward your grief and heal.