

Bill of Rights for the Bereaved

1. Do not make me do anything I do not wish to do.
2. Let me cry.
3. Allow me to talk about the deceased.
4. Do not force me to make quick decisions.
5. Let me act strange sometimes.
6. Let me see that you are grieving too.
7. When I am angry, do not discount it.
8. Do not speak to me in platitudes.
9. Listen to me, please!
10. Forgive me my trespasses, my rudeness, and my thoughtlessness.