

My Teen Grief Rights

I have the right 2 show my feelings of grief in my own way.

I have the right 2 have "grief-bursts."

I have the right 2 use my spiritual beliefs 2 help me deal w/ my feelings about grief.

I have the right 2 need other ppl 2 help me with my grief, especially adults who care about me.



I have the right 2 get upset about normal, everyday problems.

I have the right 2 try to figure out why the person I loved died.

I have the right 2 move toward and feel my grief and, over time, to heal.

I have the right 2 think and talk about my memories of the person who died.

I have the right 2: _____

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