

## Your Grief Your Way

Grief is a very individual journey, and there is no right or wrong way to feel. Even though others may tell you how you should feel, they can't possibly know what you are experiencing. You know yourself better than anyone, and you have the right to:

- Voice your thoughts and feelings.
- Ask questions about your pain and loss, and expect to be told the truth.
- Be treated as a unique individual and not like a child.
- Be who you are, to grieve in your own way and not be measured by another's standards.
- Be involved in the funeral/memorial service if you want to be.
- Be comforted by family and friends, even when they do not understand your pain.
- Create a space to express your grief.
- Ask for professional or personal help when you need it.
- Grieve until you are ready to move forward with your life.
- Share your personal journey with others—not only to receive comfort, but also to give comfort to others experiencing their own loss.