

## **As A Mourner You Have a Right.....**

*by Alan D. Wolfelt, Ph.D.*

- To experience your own unique grief
- To talk about your grief
- To feel a multitude of emotions
- To be tolerant of your physical and emotional limits
- To experience grief bursts
- To make use of ritual
- To embrace your spirituality
- To search for meaning
- To treasure your memories
- To move toward your grief and heal.