



THE GRIEVER'S BILL OF RIGHTS

1. You have the right to say, "TIME OUT!", anytime you need to. Time out to let up, Blow Off a little steam, step away from the special day and have a "huddle" and start over.
2. You have the right to TELL IT LIKE IT IS. When people ask, "How are you ...?", you have the right to tell them how you really feel, not just what they want to hear.* P.S. You also have the right to smile and say your fine, because telling them how you really feel, isn't worth your time – some people will never understand anyway.
3. You have the right to SOME "LOW DOWN" DAYS. You are not a bad person just because you don't feel like participating in every activity.
4. You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always do a special day the same way. Be creative!
5. You have the right to BE WHERE YOU WANT TO BE. Be at home or at the relatives'. Be in any city, any state you choose! There's no law that says you must stay home.
6. You have the right to SOME FUN! When you have a day that isn't so bad and you feel like doing something for fun, then do it! Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears.
7. You have the right to CHANGE DIRECTION IN MID-STREAM. Grief is unpredictable. You may be all ready to go somewhere or do something and suddenly be overwhelmed. When that happens, it's okay to change your mind. There's plenty of time in life to be predictable, exercise your right to change when you need to change.
8. You have the right to DO THINGS AT DIFFERENT TIMES. Go to services at a different time. Serve your meal at a different time. Go to bed at a different time. Don't be a slave to the clock.
9. You have the right to REST, PEACE, AND SOLITUDE. You don't need to be busy all the time. Take a nap whenever you need one. Take a nap to recharge your body.
10. You have the right TO DO IT ALL DIFFERENT AGAIN NEXT YEAR. Just because you change things one year, try something different, does not mean you have it written in stone. Next year you can always change it back or do it in yet another way.