

# Bill of Rights for Bereaved

*Carole and Ronald Krist Samaritan Center for Counseling and Education*

- Do not make me do anything I do not wish to do.
- Let me cry.
- Allow me to talk about the deceased.
- Do not force me to make quick decisions.
- Let me act strange sometimes.
- Let me see that you are grieving too.
- When I am angry, do not discount it.
- Do not speak to me in platitudes.
- Listen to me, please
- Forgive my mistakes, my rudeness, and my thoughtlessness.

*From How Can I Help: Reaching Out to Someone Who is Grieving, June Cerza Kolf, 1989*

## **Stages of grief**

First Stage: Denial and Isolation

Second Stage: Anger

Third Stage: Bargaining

Fourth Stage: Depression

Fifth Stage: Acceptance

## **Variables in the grief experience:**

Griever's personality or style of response

Degree of involvement of lost person

Nature of loss

Availability of support

Resolution of past losses

Amount of ambivalence in relationship

Social, economic and personal circumstances

Secondary crisis

Health

Sex role conditioning (e.g. "Men don't cry")



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