

Mourner's Bill of Rights



For the Person Who Has Experienced a Loss

I have the right to my tears and sad feelings, even if they make others uncomfortable.

I have the right to make decisions for myself. My grief does not make me less intelligent.

I have a right to be angry. My anger does not mean I have stopped loving others or myself.

I have the right to cope with loss and grief in my own way, and my family members have the right to cope in their way. Our ways may be different, but that is okay.

I have the right to take care of myself. I need to do things to help me cope.

I have the right to laugh—to enjoy life without feeling guilty.

I have the right to get outside help for myself, even if my family members choose not to get help for themselves.

For Family and Friends

I have the right to choose whom I will talk to about the loss. If the feelings of others are hurt because of my choice, it is not my fault.

I have the right to mourn my loss in my own way, even if it is different from that of others.

I have the right, even if I am a child, to know what is going on in my family, especially about the loss, in words I can understand.

I have the right to disagree with someone who is mourning a loss. Grief does not stop people from being human.

I have a right to take a “time out” from my grief without feeling disloyal.

I have the right to enjoy my life without feeling guilty. It is not my fault that someone I love has died.

I have the right to get outside help for myself, even if my family members choose not to get help.



About Cancer Family Care

Since 1971, Cancer Family Care (CFC) has provided counseling, education, and emotional support to people affected by cancer.

CFC offers four programs: The Center for Individual and Family Counseling, Treehouse Children's Services, The Coping Connection – Education and Outreach, and Tresses Wig Program.

Cancer Family Care seeks to help children and adults cope with the effects of a cancer-related illness or loss. CFC is known throughout Southwestern Ohio and Northern Kentucky as a force of compassion and strength in the face of cancer and bereavement.

