



The Grieving Journey

from Greene County Council on Aging Summer 2024

The Mourner's Code: Ten Self-Compassionate Principles

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief.

No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.

2. You have the right to talk about your grief.

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions.

Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that

feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits.

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience "griefbursts."

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural. Find someone who understands and will let you talk it out. *Continued*



The Grieving Journey is a Greene County Council on Aging quarterly publication to accompany you in your time of bereavement after the loss of a significant person in your life.

The Grieving Journey



The Mourner's Code: Ten Self-Compassionate Principles

Continued

6. You have the right to make use of ritual.

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More important, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality.

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs.

8. You have the right to search for meaning.

You may find your self asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you still have to be thankful for" are not helpful and you do not have to accept them.

9. You have the right to treasure your memories.

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is best experienced in "doses." Be patient and tolerant with yourself. Avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changed your life forever.

Quoted from "Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart"
By Alan D. Wolfelt, Ph.D.



GCCOA Grief Support Group

Group meetings are open to all those who have lost a loved one. Meetings are on the 2nd Monday of the month, 10am until noon, Peace Lutheran Church, 3530 Dayton Xenia Road, Beavercreek (lower level). Participation is limited and advance registration is required. Please call the Council to learn more.

Summer Schedule

The Grief Support group will not be held during July and August. If you need someone to talk to during those months, please contact us at the Council.

We hope you find this publication helpful, and welcome your comments and ideas for future issues.
Let us know if you no longer wish to receive this newsletter.