

I give myself permission to say, do or think any and all of the following as I seek to understand grief, to heal from my deep loss, and to eventually embrace living a new chapter in my life story:

**Check any or all of the following permissions that you will give yourself:**

- Cry wherever and whenever the tears decide to come and not say "I'm sorry."
- Decline invitations to social events or activities if I am not ready.
- Spend more time alone, if that is what feels best to me in the moment.
- Be honest about my emotions even if others might be uncomfortable.
- Allow myself to rest more than usual.
- Spend time doing nothing when that feels right and necessary.
- Cancel plans when I just need to sit with my thoughts and feelings.
- Accept and ask for help from others and not let pride get in my way.
- Keep my loved one's possessions as long as I want.
- Not act as though I am strong when I feel weak.
- Politely decline unrequested advice and awkward hurtful statements.
- Give myself a lot of grace when I can't meet my own performance standards.
- Allow myself to laugh & be lighthearted when those thoughts and feelings come.
- Say or write whatever comes to mind regarding my lost loved one and not question myself.
- Invite others to talk about my lost loved one (or the opposite) depending on how I feel.
- Feel angry or disillusioned and question my faith or beliefs.
- Adjust to, and heal from, my loss at my own pace.
- Take personal breaks from my mourning if and when I sense a need for normalcy.

I commit to applying these permissions to myself so that I can give myself the emotional rest I need to grieve well and heal.

**Signature:** \_\_\_\_\_ . **Date:** \_\_\_\_\_