

## **RULES FOR GRIEF**

- 1. There are no rules for grief.**
- 2. Everyone grieves in their own way and in their own time.**
- 3. Grief takes as long as it takes.**
- 4. Whatever you are feeling and experiencing is normal for you.**
- 5. What works for one person to cope may not work for another.**
- 6. The worst grief is the grief you are experiencing.**
- 7. Grief is not a disease that you “get over” or from which you are cured. It is a journey during which you find a new “normal”.**
- 8. There are no magic words or logical stages to grief: it is a roller coaster of feelings and emotions.**
- 9. While the intense feelings of grief subside as you work through this process, the memories of the person or thing that you have lost and the more subdued feelings associated with that loss will always be in a small place inside of you. Throughout your life, at special times and places, this grief may be revisited.**

(Lensing/1995)

If you would like to talk with someone at Iowa City Hospice about your grief, please call us at (319) 351-5665 or 1-800-897-3052 or go to our website, [www.iowacityhospice.org](http://www.iowacityhospice.org).