

# My right to grieve

Patients, survivors, carers, professionals – everyone is allowed to grieve

## Grief

= natural response to loss, typically involving feelings of sadness, longing, anger, guilt, confusion, and numbness.

It is a complex and individualized process that varies greatly from person to person. Grief is necessary to process the loss you are experiencing.



Despite the freedom to grieve in one's own way, the lack of societal acceptance and understanding of diverse grieving processes can lead to stigmatization and isolation for those mourning.

**i** Find helpful resources and book recommendations on: **beatcancer.eu**



Contact/Notes



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- I am allowed to cry, but I don't have to
- I am allowed to be angry and express my feelings
- I am allowed to be afraid
- I am allowed to laugh and be happy again
- I can have many different feelings at the same time
- I am allowed to forget for a while
- I am allowed to grieve as much as I want
- I shouldn't feel guilty
- I am allowed to talk about the disease, if I want to
- I am allowed to talk about my grief, losses and fears
- I am allowed to talk about death and dying
- I can ask all the questions I want
- I am allowed to have some peace and quiet
- I am allowed to do things that comfort me and are good for me
- I am allowed to be weak
- I am allowed to take all the time I need



*"Sorrow that doesn't come out,  
festers. It can make you sick. Only when we express  
it, it will become bearable."*

*Dirk de Wachter, Psychiatrist*