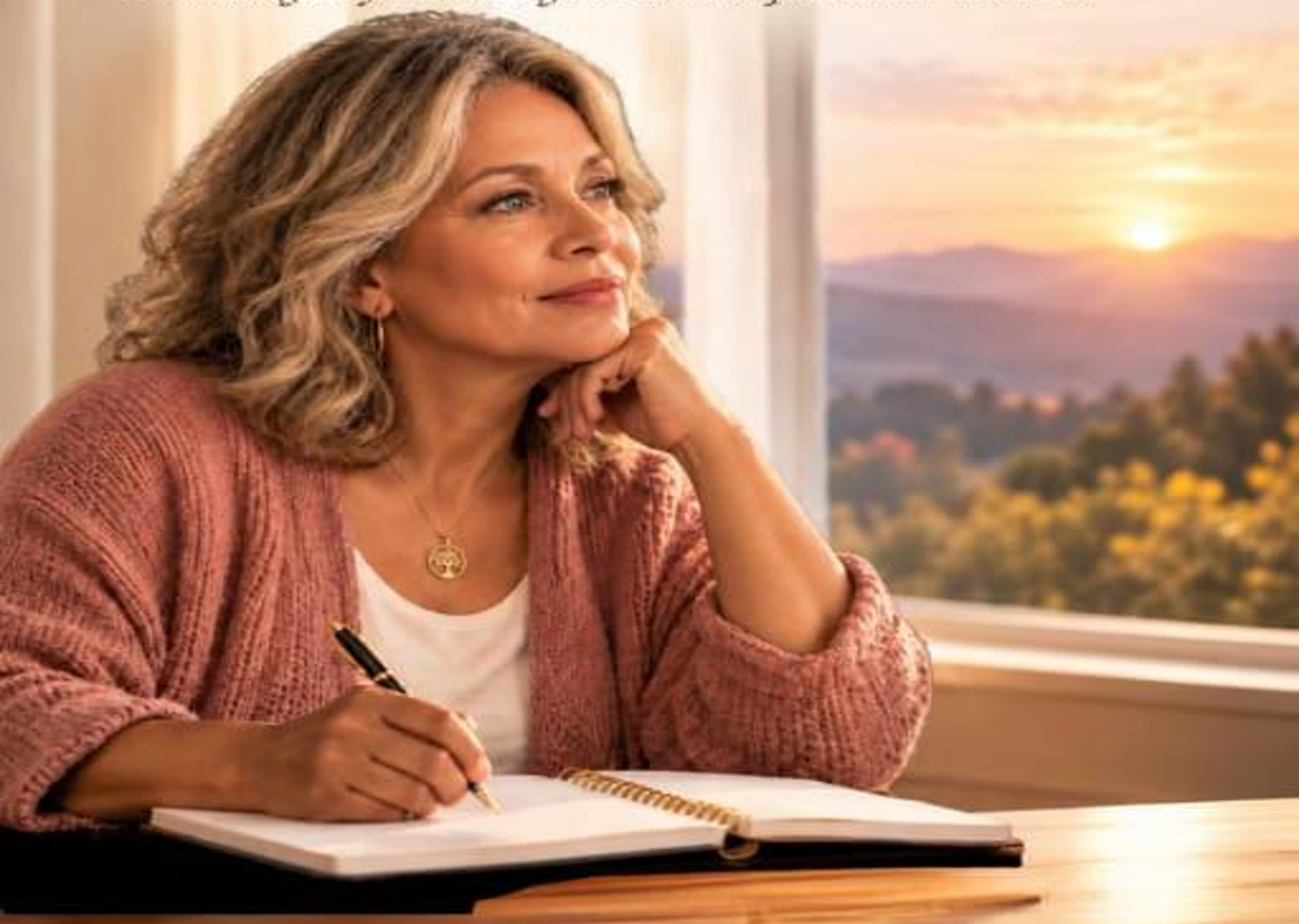
Unbreak My Heart

GRIEF-SHAMING AWARENESS MINI CHECKLIST

Grief has no timeline, but the world often acts like it should.
Reclaiming the freedom to grieve without pressure to "move on."



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Have I Experienced Grief-Shaming?

The death of someone you love can affect your identity, routines, relationships, family roles, finances, milestones, and the future you expected to share with them.

Check any experience that feels familiar.

☐ **1.** Has someone suggested that it is time for me to "move on," "get over it," or fill the empty space in my life before I was ready?

☐ **2.** Do people become uncomfortable when I say my loved one's name or share memories of them?

☐ **3.** Have I felt pressured to give away their belongings, clear out their room, change my home, or make other decisions before I was ready?

☐ **4.** Have I hidden or minimized my grief because other people seemed tired of hearing about it?

☐ **5.** Has someone compared my grief to another person's and made me feel that I should be handling my loss better?

☐ **6.** Have I been praised for being "strong" in a way that made me feel I should hide my tears, sadness, or difficult days?

☐ **7.** Have people questioned why I am still crying, hurting, or grieving intensely months or years after my loved one died?

☐ **8.** Have spiritual explanations, scriptures or comments about being "strong," or other expectations made me feel that I should minimize or silence my grief?

Remember: A question, suggestion, or expression of concern is not automatically grief-shaming. Consider whether the interaction left you feeling judged, rushed, corrected, pressured, embarrassed, or expected to change your grief for someone else's comfort.

NOTES: _____

What Do My Answers Mean?

No "Yes" Responses

You may not recognize grief-shaming in these particular experiences.

One or More "Yes" Responses

Look more closely at the interaction.

Ask yourself:

- Did I feel judged?
- Did I feel rushed?
- Did I feel pressured or corrected?
- Did I feel embarrassed about my grief?
- Did I feel expected to hide or change what I was feeling?

If the answer is yes, grief-shaming may have been present.

Several "Yes" Responses

You may be beginning to recognize a **pattern** of grief-shaming in your grief journey. That awareness can help you notice the people, conversations, or situations that are affecting your peace. Once you recognize the patterns, you can decide how to protect your peace from well-meaning people's opinions.

Recognition Is Not Blame

The goal is not to label every uncomfortable interaction as grief-shaming. The goal is to recognize when outside expectations are causing you to question, hide, minimize, or rush your grief.

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