Unbreak My Heart

MINI SELF-GRIEF-SHAMING AWARENESS 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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Sometimes grief-shaming does not come from another person. Over time, we may begin judging, rushing, or criticizing our own grief. Read each statement and check the ones that sound familiar.

- ☐ 1. **I tell myself, "I shouldn't still be crying this much."**
- ☐ 2. **I worry that I must be grieving the wrong way.**
- ☐ 3. **I feel embarrassed or ashamed when my grief becomes visible to others.**
- ☐ 4. **I compare my grief to other people's grief and think I should be doing better than I am.**
- ☐ 5. **I criticize myself for still wanting to talk about my loved one or say their name.**
- ☐ 6. **I force myself to smile, appear happy, or say "I'm fine" when that is not how I truly feel.**
- ☐ 7. **I tell myself that enough time has passed and I should be further along by now.**
- ☐ 8. **I feel guilty when a memory, anniversary, holiday, or unexpected reminder brings my grief back intensely.**

Understanding Your Responses

If you answered "yes" to any of these statements, you may be experiencing self-grief-shaming. Rather than focusing only on how many you checked, pay attention to the messages you are giving yourself.

Ask yourself: Am I giving myself permission to grieve, or have I begun judging, rushing, correcting, or minimizing my own grief?

NOTE: Sometimes the loudest voice grief-shaming us becomes our own. We begin repeating to ourselves the expectations, timelines, and judgments we have heard from others. Recognizing that voice is the first step toward replacing self-judgment with self-compassion and permission to grieve authentically. Not rushing, minimizing, or judging our own grief can be healing.