

humantold

Use the following scale to rate the statements below in relation to the level to which you learned, culturally and socially, to accept such a response to an instance of grief and loss like the one you just wrote. By acceptance level, I am not referring to you being “okay” with the grief and loss, but rather to the degree to which it was acceptable or “okay” in your culture and social groups to express grief and loss in the way a particular statement indicates. Then, you will explore how these ratings translate to the particular cultural and social norms of grief and loss you learned growing up.

Very Accepted

1

Somewhat Accepted

2

Not Accepted

3

When I experienced this grief or loss, it was acceptable for me:

- _____ to cry or feel depressed
- _____ to express anger
- _____ to say I was scared
- _____ to say I was confused
- _____ to say I was in pain
- _____ to grieve loudly and with lots of accompanying emotions
- _____ to be around lots of people
- _____ to take time off of school, work, or other obligations
- _____ to take time for myself and be away from people
- _____ to ask for help from a family member or friend
- _____ to ask for help or see a counselor
- _____ to express concern about what was going to happen next
- _____ to struggle with what to do next

When you think about this incident of grief or loss and reflect on how you rated the above statements, what do you realize about the cultural and social norms you grew up with when it comes to grief?

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Adapted from: *The Racial Healing Handbook: Practice Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing* by Anneliese A. Singh