

## *Is There A "Right" Time To Stop Wearing*

Many widow/widowers may wonder when is the proper time to remove an engagement ring and/or wedding ring and, after doing so, what should be done with them. The only possible response to this question is do whatever makes you feel comfortable.

As there is no right or wrong way to grieve, there is also no right or wrong thing to do with your rings or a time frame that needs to be followed. You may choose to wear your rings for the rest of your life, or you may choose to remove them immediately after your spouse's death. Trust yourself to do what is best for you; there is no "proper" protocol only what feels right to each of us as individuals.

Some of the suggestions you may have gotten or heard:

Continue to wear your rings on your left hand

Move the rings to your right hand

Make the rings into other pieces of jewelry either for yourself or your children

Attach the rings to a chain worn around the neck

Put them away and pass them on to your children when they are ready to get married

You can get lots of opinions on what to do, but, in the end, listen to your heart and remember that there are no time limits. It is impossible to make a wrong decision; it may take many years to decide on the final disposition of your rings.

Contact [SafeHavenForWidowed](http://SafeHavenForWidowed)

Registered ® 2010 Safehavenforwidowed.org

© copyright 2013- 03-18 16:36:34 - All Rights Reserved