

WHAT TO SAY (AND NOT TO SAY) TO SOMEONE WHO IS GRIEVING

@GrievingMaman

AVOID SAYING (AND WHAT TO SAY INSTEAD)

WHY TO AVOID

1.

X You must be relieved that he isn't suffering anymore
or At least he didn't suffer.

✓ I am so sorry how hard it's been over the last year,
and how sudden the death was. I'm here for you.

This is a big no-no! Their person is still gone, it doesn't matter how it happened. It is not comforting, it's rather insulting and minimizing.

INSTEAD: Fully acknowledge their loss and their grief. If you want to help them with relief, be there for them.

2.

X At least you... or At least she...

✓ What happened is terrible. I know it will be hard for
you for a long time so I will keep checking on you.

Any statement that includes "at least" minimizes their grief and how they should be feeling; it makes them feel worse.

INSTEAD: Listen and don't put a positive spin on things. Stand beside them during this time of crisis, and after (for months / years).

3.

X It's been a long time. Why are you still looking at
pictures? or You are still talking about the accident?

✓ I saw the post you wrote about your husband and
how you miss him. We are always thinking of Jerry
and you. I love the picture you posted, you can see
the love between you two. I found a photo the other
day on my phone and I will send it to you.

Grief has no "normal" timetable and it's not something that you must
"move on" from. For some deaths, grief will always be present. Keeping
the memories alive has been proven to help with the grief journey.

INSTEAD: Be patient with the bereaved and allow the process to
naturally unfold. Ensure to talk positively about the deceased and
share anything you have about their person.

4.

X Let me know if you need anything.

✓ I would like to offer you concrete help. Your oldest
son's birthday is coming up. I could plan his birthday
party if you want one. Or, I could bring you a nice
dinner, or bring him to a hockey game, whatever you
both prefer.

This vague platitude is often used as an exit line: an easy escape when
offering condolences. It assumes that they know what they need
(which they probably don't). And that they'll have the energy to
contact you afterwards to ask for your help with something specific.

INSTEAD: Ask them if they need help with the funeral or paperwork. If
they don't, tell them that you will reach out to them at some point to
offer concrete help. Then, offer help again with specific choices.

5.

X You should... or You should think of something else.

✓ Would you like to go for walk this week? Or any other
activity you prefer. I could come and pick you up.

Grief doesn't need be fixed, so avoid offering them advice or giving
solutions. Acknowledging their pain and realizing that their person is
gone are fundamental to the grieving process.

INSTEAD: Plan an activity that is easy for them (including picking
them up at their house). Offer them support and a listening ear.

6.

X I did not reach out to you because I thought you needed
space. or I don't comment on your posts because... or
I didn't go to the fundraising event because...

✓ I just want to let you know that I saw the fundraising
campaign you created. I was happy to donate.
I shared it on my Facebook and Twitter account.
I would like to help you with the event.

Being sad is lonely. Stop the excuses and stop thinking about yourself.
They are the ones who need help. You might justify your lack of actions
by thinking that other people are there for them. You are wrong. They
do notice and your lack of compassion is hurting them.

INSTEAD: Support them in their new projects and the causes they
might fight for; it is helping them with their grief journey. Stay present,
encourage them and take some time to help/comment.

7.

X Everything happens for a reason.

✓ I love you. I can't imagine how difficult this must be
and I'm here for you (while continuing to message
them and be there for them).

Avoid this platitude: it doesn't help the person in any way. It minimizes
the feelings that they are going through.

INSTEAD: Say something that shows that you care: you are there for
them, continuing to send them messages months after the death.

How To Reach Out For Help When You Are Grieving

Clemens Wendtner



How To Reach Out For Help When You Are Grieving:

Enjoying the Tune of Expression: An Emotional Symphony within **How To Reach Out For Help When You Are Grieving**

In some sort of consumed by screens and the ceaseless chatter of fast communication, the melodic beauty and mental symphony developed by the prepared term frequently disappear into the back ground, eclipsed by the constant noise and disturbances that permeate our lives. But, situated within the pages of **How To Reach Out For Help When You Are Grieving** a charming literary value overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this captivating masterpiece conducts readers on a mental journey, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this touching analysis, we can examine the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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