

What do I say to someone who is grieving?



www.thecenterforcompassion.com 1331 Alma School
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- I'm so sorry, there truly are no words.
- I don't know how you feel, but I'm here to listen.
- Do you want to tell me about them?
- Here are ways I am able to support you: (give examples).
- My favorite memory of your beloved is _____.
- _____ will be so missed.
- There is no right way to grieve.
- I love/care about you.
- I'll remember them with you.
- Can I sit with you?
- However you are feeling is okay.

TRY SAYING THIS

- I am so sorry that this has happened.
- Would you like to share something about _____ with me?
- However you are feeling is okay.
- I am here for you, can I do _____ for you?
- I love/care about you.
- I'll remember them with you.
- There is no right way to grieve.
- Can I sit with you?
- I don't know what to say, but I am here to listen.
- My favorite memory of them is _____.

INSTEAD OF SAYING THIS

- They're in a better place.
- Everything happens for a reason.
- I know exactly how you feel.
- Let me know if you need something.
- At least.... _____.
- You should try _____ to feel better.
- Are you feeling better yet?
- You'll move on/feel better with time.
- Heaven gained another angel.
- Be grateful they aren't in pain any more.
- You're so strong.



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TRY DOING THIS

- Listen with compassion & without judgement.
- Give a gift card for a food delivery service.
- Say the name of the loved one(s) who died.
- Give specific ways you can help, if any.
- Share a memory of their loved one.
- Periodically let them know you are thinking about them with out expectations of a response.
- Ask and respect their choices on what/how they want information to be shared.
- In your time, tend to your own grief & acknowledge your discomfort.

INSTEAD OF DOING THIS

- Giving unsolicited advice.
- Dropping by their house unannounced.
- Avoiding the name of or conversations about the person who died.
- Offering support you can't follow through with.
- Sharing a time when someone's death was difficult for you.
- Asking/sharing circumstances or details around the death without consent.
- Trying to "fix", "solve", or "change" their grief &/or feelings.
- Avoiding words like "death" or "died".