

Speaking Grief



Someone in your life has experienced the death of a loved one.
Here's what they need you to know

Stay connected and express care without assuming you understand exactly how the other person feels

You should know

It's OK to talk about my... mom, daughter, dad, sister, husband, son, friend.



In fact, I fear they will be forgotten, and I love sharing stories about them.

Please don't say

I know how you feel

Your loss, no matter how similar, is not the same.

It's time to move on.
It was God's will.
They are in a better place.

These sentiments minimize and disrespect our pain

Unless you are prepared to hear the real answer, please don't ask

How are you?

Remember

Check up on your friends
Weeks, months and even years later, and especially around holidays, birthdays, and anniversaries.

Offer specific help.
Instead of "Do you need anything?"
Say, "Can I bring you dinner? How about 6pm?" "Do your kids need a ride to school?" "Can I do a grocery run for you?"

There is no way to solve grief. Listening is usually the best support you can provide.

I wish people knew that it's okay to say that they don't know what to say or do. This is how we learn to help each other

It's OK if I cry.

