



## When Someone You Know Is Grieving

### Do Say:

"I'm sad to hear that your husband/wife/child died."

"If you want to talk about what happened, I am here to listen."

"Tell me about \_\_\_\_\_" (*the person who died—and use their name*).

"I can't imagine how hard this must be for you."

"I don't know what to say, but I want you to know I am here if you need a friend."

### Avoid Saying:

"I know how you feel."

"I'm sorry."

"You shouldn't feel that way."

*Any cliché like: "Time heals all wounds."—"He's in a better place."—"You'll be OK."*

"Be Positive."

"It's time to put it behind you."

*Remember, what you say is not as important as just being there. There is no way to make it "better" for your grieving family member or friend.*

*What most people who are grieving need is someone to be there who will listen and will not judge them.*