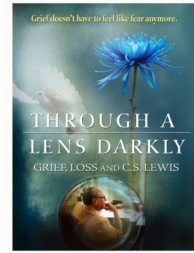


Helpful Words



Many time, we tend to avoid people who are experiencing grief and loss because we don't know what to say or do. The following are some helpful words to use with someone who is coping with grief and loss. Keep in mind that sometimes saying nothing is the best response. Your presence and listening ear can be the best gifts you can offer to a grieving person.

STATEMENTS TO AVOID WHEN HELPING OTHERS THROUGH GRIEF AND LOSS

- “I know just how you feel.”
- “He/she isn’t in pain anymore.”
- “This is part of God’s plan/will.”
- “You’re going through this trial for a reason.”
- “You’ll get over it in time.”
- “It’s time to go on with your life.”
- “You need to be strong for your (spouse, parent, child, etc.)”
- “He/she is in Heaven now.”
- “Something good will come out of this.”
- “Trust me, it will be okay.”
- “It’s not a big deal. I’ve been through worse.”

STATEMENTS TO USE WHEN HELPING OTHERS THROUGH GRIEF AND LOSS

- “I’m here for you.”
- “I’m listening.”
- “I’ll miss him/her too.”
- “I’m sorry this has happened.”
- “I was saddened to hear your news.”
- “Your are in my thoughts and prayers.”
- “Is there anything I can do for you?” (You must follow through on your offer to help.)
- “I can only imagine what you must be feeling right now.”
- “Take time for yourself.”
- “If you’d like, tell me what you are feeling.”
- “This isn’t fair, is it?”