



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.