

# Speaking the Language of Grief

## What to say...

I'm sorry for your loss.

I'm sad for you.

What can I do for you?

Do you feel like talking?

Are there others you want with you?

Take all the time you need.

Tell me what you are feeling.

Tell me what you are thinking.

What do you remember the most?

Even though we knew the end was near, it still hurts to lose him/her.

You were very close?

I'm here for you. I'm here to listen.

How long were you together?

Do you want some time alone?

Tell me about (name). What was he/she like?

## What not to say...

I understand how you feel.

Death was a blessing.

It was God's will.

It happened for the best.

Something good will come of this.

You must be strong. Don't cry.

Don't take it so hard.

It happened. You must accept it.

You can have another baby.

You're lucky to have had him/her for so long.

Try to keep yourself together.

You must be strong for the others.

At least he/she led a full life.

You will get over it soon.

You can't go on like this. It's not healthy.