



How to Respond to a Grieving Person

What Not to Say . . .

- Time heals all wounds.
- Try to find the good in this situation.
- Your loved one is better off.
- The Lord never gives us more than we can handle.
- Try not to cry.
- I know just how you feel.
- Everything will be okay.
- Let me know if I can do anything.

What to Say Instead . . .

- You must feel as if this pain will never end.
- This is just too painful to bear.
- Your loved one is no longer suffering, but I know you are!
- This must be so very hard for you.
- It's OK to cry. Cry as much and as often as you need to.
- I can't even imagine how you must feel. Just know how much I/we care about you.
- Please let me help however I can.
- I'll call tomorrow to see how I can help. I could help with laundry, answer the phone, fix a meal, or sweep the driveway. We'll talk tomorrow.

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