



9 Things You Should (and Should Not) say to Grievers

Do you know someone who has lost a loved one?

Have you ever wondered what to say to him or her? If so, you are not alone. We live in a society where death and grief are off limits topics; so most people were never taught what to say to a griever. Even worse, most people were taught that sad feelings should be avoided at all costs. When they come across someone who has experienced a loss, they try to find a positive spin, fix them or offer advice that doesn't work.

Did you know the 85% of things people say to a griever are not helpful?

Recovery from grief involves healing a broken heart, not a broken brain. The more often people attempt to fix grievers with intellectual comments and advice, the more isolated they feel. They might start to think something is wrong with them because they are still grieving.

Here are 6 things not to say to a Griever:

- * Be grateful for the time you had with him (her)
- * Don't feel bad, your loved one is no longer in pain (if they died of an illness)
- * Everything happens for a reason
- * It just takes time.
- * I know what you're going through (then start talking about your own loss)
- * God doesn't give you any more than you can handle

Try saying these helpful things to a griever instead:

- * What happened? Asked what happened and then actually listen to their reply. Grievers need to be listened to.
- * I don't know what to say. It's okay to tell the truth if you don't know what to say. Your honesty allows the griever to know you are a safe person to talk to because you are not trying to fix them.
- * I can't imagine how you feel. No two relationships are the same because they are comprised of two different people. So even if you've had a spouse die you could never know exactly how another widow or widower feels. At best you only know how you felt when your loss occurred.
- * Offer a hug. Most people are happy to accept a hug!