

What To Say To Help Your Grieving Friend

Instead of saying this...

- “I’m sorry for your loss”
- “Don’t feel sad, it’ll get better”
- “Why haven’t you been at school?”
- “Don’t think about the death”
- “I know just how you feel, my dog died last year”
- “Why aren’t you talking about it?”
- “It must have been God’s plan, he’s in a better place”
- “It’s been 6 months; shouldn’t you be over it by now?”

Try saying this...

- “I’m sorry to hear your mom/dad died”
- “I’m not sure what to say but I want you to know that I care”
- “We have all missed you at school”
- “Are you thinking about or missing your mom/dad?”
- “I can’t imagine what it feels like to have a parent die”
- “I’m always here for you if you want to talk or not talk”
- “Do you wonder where your mom/dad is now?”
- “What are things you do that help you when you feel sad?”