

## **Compassionate Companions Needed: HOW TO RESPOND TO SOMEONE IN GRIEF**

### **What NOT to say....**

#### **At the death of a love one:**

- How are you?
- It was God's will.
- Heaven must have needed another angel.
- I know exactly how you feel. I lost my...
- He/she is in a better place.
- It's a blessing.
- What happened? Why did he/she die?
- Now you have closure.
- You can always...
- Well, we all die eventually.
- Please let me know how I can help you.

#### **When someone loses a child:**

- At least you can have more children.
- You're handling this better than I would.

#### **When someone is diagnosed with an illness:**

- I know someone who had the same thing. He/she had this treatment and is doing great!

### **What TO say...**

#### **At the death of a loved one:**

- How are you today? This must be a difficult time.
- You have my sympathy.
- I'm so sorry.
- I can't imagine how you are feeling.
- Say nothing, but offer a hug (if appropriate) and listen if they want to talk.
- I remember when.... (share a special memory of the person who passed away).
- Tell me about your loved one.
- You must really miss him/her.
- I'll call you this week, bring a meal over, and do dishes.

#### **When someone loses a child:**

- You are not alone.
- You're allowed to feel whatever you feel.

#### **When someone is diagnosed with an illness:**

- I can't imagine what you're going through. I'd like to bring you a meal or come and help you at home.

### **Lake Harbor United Methodist Church**

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Lake Harbor offers GriefShare twice yearly. GriefShare is designed to support those who have lost a loved one through death. It includes a video with practical information, an opportunity for group discussion, and a workbook for personal reflection. We have a team of facilitators who support the group. All are welcome. There is a one-time \$15.00 fee for the workbook. More information is available at [www.griefshare.org](http://www.griefshare.org).