How to Act Around Grieving People

Things That Help:

What To Say:	Encourage:
I am sorry This is harder than most people think It's okay for you to _____. This must be difficult for you It takes longer than most people think	Socialization/re-involvement *at their pace* Options about going on without the deceased Links with other survivors Journaling Rituals
Give Permission To:	**Do:**
Tell and re-tell their story Experience and label the full emotional range (better to say it than not) Move forward *and backward* in phases Take as much time as they need	Give long term emotional support Call their loved one by name Share a memory if you knew the deceased Validate their feelings Acknowledge birthday/death day to survivor

Never Tell a Survivor:

This too shall pass (____) is in a better place now God called (____) home It was (_____)'s time to die It was (_____)'s own fault God needed another little angel Forget.... You can't handle seeing...	God won't give you more than you can handle You must forgive…. Don't cry I know how you feel, my... You still have... (children, family) You're so strong You should be over it... (soon, now)

Grief often involves denial, anger, depression, and attempts at bargaining (often with God) and it's normal to bounce around all those things while grieving quite a bit. If a grieving person lashes out at you, it's probably not your fault, in fact it may be a sign of trust.

Grief has effects on people's appetites, sleep patterns, & ability to concentrate, too. Everyone grieves differently- wailing people aren't necessarily any sadder than stoic people.