

5 PHRASES NOT TO SAY

1

Platitudes

Avoid using phrases like "everything happens for a reason," "they're in a better place," and "good will come from this".

2

At least...

Saying "at least," "you should," "you can always," etc. minimizes the grieving persons experience.

3

I know how you feel.

Grief is individual. You may want them to know you understand, but it is important to validate how they are experiencing their own feelings.

4

Be Strong

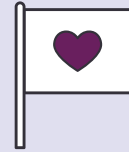
This phrase leaves little room for the griever to show what they are feeling underneath the surface. It can be okay to NOT be okay.

5

They wouldn't want you to be...

It is always best to leave conclusions to the person you are trying to support.

5 PHRASES THAT CAN BE HELPFUL



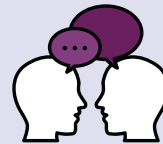
How are you doing today?

Do not assume how someone is feeling. Meet them where they are at and recognize that grief is extremely individual.



I'm here for you.

It is important to acknowledge the loss. Grievers need support, not fixing.



Do you want to talk?

If they say yes, listen more than you speak. If they say no, that's OK! Establish that you will be there when they are ready.



Do you want to tell me about them?

When you ask about someone who died by name, you honor the life they lived.



I have no idea what to say, but I care about you.

It is okay to not know what to say when someone is grieving. Be honest and open to what they are sharing with you.



Helping children, teens and young adults thrive in the midst of grief.

Learn more at brookesplace.org