

10 Things It's Okay to Say to Someone Who Is Grieving

Talking about our sorrow does not prolong it. It helps to relieve it little by little. Keep in mind that sometimes, silence goes a long way.



It does not feel fair.

I'm right here.

Let me know if I can do XYZ for you.
(Be specific)

I wish I had the right words, but there are none, just know I care.

Would you like to talk about your loved one?

It hurts because it matters.

I'm listening.

From the stories you have told me, your loved one was a ___ person.
(Fill in blank).

You and your loved one will be in my thoughts and prayers.

It's okay to be lost for a while. You don't have to have the answers right now.