



## What to Say/Not to Say

*If you're unsure what to say to someone grieving,  
use this as a supportive resource.*

### What to Say:

I'm so sorry. I can't imagine what you're feeling,  
but I'm here.

*Expresses sympathy without assuming you understand  
their pain.*

I'm here to listen.

*Invites them to share without pressure, letting them set the  
tone.*

It's okay to feel all these things.

*Validates their emotions and reassures them that their  
feelings are normal.*

I don't have the right words, but I care deeply  
about you.

*Acknowledges that words may fall short, yet conveys  
genuine care.*

Please let me know if there's anything I can do,  
or I'd be happy to help with [specific task].

*Offering tangible help (like meals or errands) shows your  
support practically.*

## What NOT to Say:

They're in a better place.

*Minimizes their loss; they want their loved one with them.*

I understand what you're going through.

*Each loss is unique; this can feel dismissive, even if well-intentioned.*

At least you have other children/

You can always have more children.

*Suggests that their loved one is replaceable, which can feel hurtful.*

You need to be strong.

*Implying they should "be strong" can make them feel pressured to hide their pain.*

It's time to move on.

*Grieving has no set timeline; healing is personal and varies greatly.*

Everything happens for a reason.

*This can feel dismissive or imply that their pain should be rationalized.*

Unsolicited Advice

*Unless asked, giving advice can seem intrusive or imply that their grief should be "fixed".*

Jody LaVoie

jody@thegriefcompany.com

