

**THE DO'S &  
DON'TS OF  
SUPPORTING  
SOMEONE IN  
GRIEF**



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## DON'T



## INSTEAD



## WHY

say, "I know how you feel."

say something like "I can't imagine how difficult this is for you."

Everyone's experience of grief is unique, and saying you know how they feel can come across as dismissive or minimizing their pain.

say, "They're in a better place."

say something like "I'm here for you if you want to talk about your loved one or share memories."

While the intention behind "they're in a better place" may be to offer comfort, it can be unhelpful or even hurtful to someone who is grieving. Offering a listening ear and the opportunity to remember their loved one can be more supportive.

avoid talking about their loved one.

ask about their loved one and share memories if appropriate.

Many people who are grieving feel like others are avoiding the topic of their loss because they don't want to upset them or have forgotten. However, this can actually make them feel more isolated and alone. It can be very comforting when others talk about those lost or ask for stories about them.



## DON'T



## INSTEAD



## WHY

offer unsolicited advice.

listen actively and offer support without judgment when invited.

Giving advice can come across as dismissive of someone's experience, and they may not be ready to hear or act on it. Instead, offering support without judgment and allowing them to express their feelings can be more helpful.

say, "At least they lived a long life."

acknowledge their loss and express sympathy.

While the intent may be to offer perspective, saying "at least" can come across as dismissive or minimizing. Acknowledging their loss and expressing sympathy can be more supportive.

try to "fix" their grief.

do accept their emotions and offer comfort.

Grief is a natural and normal response to loss, and there is no "fixing" it. Accepting their emotions and offering comfort and support can help them feel heard and understood.



## DON'T

tell them to "be strong" or urge them to "move on."



## INSTEAD

encourage self-care and taking things at their own pace. Normalize that every grief journey is different.

offer tangible support and/or company without being asked.



## WHY

Grief is a process that takes time and is different for everyone. Encouraging normalizing taking things at their own pace can be more supportive.

Most people who are grieving (especially early on) are overwhelmed by their pain and have no idea what would help. Offer to run errands. Take the kids for the day. Walk the dog. Drop off a treat at their door.

Are you grieving the loss of a loved one or feeling tired, helpless and unsure of how to support loved ones in their grief?

The truth is, saying the wrong thing can actually make things worse...

But don't worry, we have the solution for you!

Our Good Grief course will teach you how to communicate effectively with those who are grieving, providing you with the skills and tools you need to offer genuine comfort and support.

Don't let awkwardness or uncertainty prevent you from being there for someone who needs you.

Enroll in our Good Grief course today and become a source of comfort and strength for those in need.

