

WHAT NOT TO SAY TO SOMEONE WHO IS GRIEVING

These may sound comforting, but they can feel dismissive or push someone to rush their grief.



EVERYTHING HAPPENS
FOR A REASON



YOU HAVE TO BE
STRONG



AT LEAST THEY LIVED A
LONG LIFE



IT'S TIME TO MOVE
ON



THEY'RE IN A BETTER PLACE



LET ME KNOW IF YOU
NEED ANYTHING



I KNOW EXACTLY HOW
YOU FEEL



GOD NEEDED AN
ANGEL

GRIEF DOESN'T NEED FIXING

GRIEF NEEDS PRESENCE, PATIENCE AND PERMISSION TO BE FELT.

LET THIS BE A GENTLE REMINDER TO BE KIND TO EACH OTHER

WE ALL HAVE A DIFFERENT JOURNEY WITH GRIEF.

WHAT TO SAY TO SOMEONE WHO IS GRIEVING

Try these phrases



I AM SORRY FOR
YOUR LOSS



IT'S OK TO HURT. YOU
DON'T HAVE TO BE
STRONG FOR ME



YOU DON'T HAVE TO
TALK. I WILL JUST SIT
WITH YOU



YOUR REACTIONS TO
GRIEF IS NORMAL



IT'S OK TO NOT BE OK



BE KIND TO YOURSELF



I CAN'T UNDERSTAND
HOW YOU FEEL BUT I
AM HERE



THERE IS NO
TIMELINE FOR GRIEF

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love." —

Washington Irving