

# BETTER WAYS TO SAY “SORRY FOR YOUR LOSS”

My heart aches for you and your family.

Wishing you strength and comfort as you  
walk through this painful time.

This is so unfair and unimaginable. Sending you  
much love during this time. I am with you.

Say the loved one's name,  
was so inspiring and encouraging to me.  
I will miss him/her so much!

I am standing with you and praying for peace  
during this time of deep loss and pain.

Grief Guide 

# AVOID THESE STATEMENTS

## **At least.**

You can have another child, you have other children,  
you can get married again.

## **Be brave.**

When you are under water, drowning and  
cannot breathe, it is not the time to be brave.

## **You can get through this.**

In the early stages of grief most do not believe that  
they can. Instead say, I know you are hurting.  
I am here with you.

## **Let me know if you need anything.**

Grieving people have no idea what they need.  
Just show up and bring something!

## **You seem like you are doing better.**

Grieving people often manage their grief so that it  
appears as if they are okay. Assume they are not.  
Instead ask, how are you holding up today?

## **Everything happens for a reason.**

No, it doesn't. Sometimes senseless, awful, terrible things  
happen in life and there is no reasonable answer for it.

## **I know how you feel.**

Unless you have experienced death, grief, and loss, you do not  
know how a grieving person feels. The worst thing you can do is  
to compare losses.

## **Don't let grief color your whole life.**

This is not a helpful or encouraging.

## **You will be stronger because of this.**

Grieving people do not want to build strength or  
endurance through the loss of someone they loved.  
They want their person back.