



What do you say to someone who is grieving?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

What to say to someone grieving

1. Say the name: "I'm so sorry about your mom."
2. Ask for nothing back: "No need to reply."
3. Offer one thing with a time: "Dinner on the porch Thursday at 6."
4. Skip "at least," "everything happens for a reason" and "I know how you feel."
5. Text again at two weeks, when everyone else has gone quiet.
6. Mark the anniversary and the birthday, and send one line on each.

More lines from the page

- Jess, I just heard about your dad. I'm so sorry. No need to reply, I'm thinking of you.
- I'm so sorry about Grandma Ruth. I loved her stories about the farm. I'm here if you want company or quiet.
- I don't know what to say, but I didn't want to say nothing. I'm so sorry about Marcus.
- Dear Sam, I'm so sorry about your mom. I'll always remember her cheering louder than anyone at your graduation. Thinking of you and your family. Love, Erin
- Dear Malik, I never met your brother, but I know from the way you talked about him how close you were. I'm so sorry. I'll call next week to see when I can bring food by.
- I'm so sorry. She was a lovely person.
- I worked with your dad for six years. He made the place better.
- I don't have the right words. I'm just so sorry.
- Thinking of you today. No need to answer. Want to get a walk in this weekend?
- I was at the bakery and saw the lemon bars your mom always brought. Made me think of her, and you.
- Thinking of you and your dad today. I still use the grill tips he gave me.
- I know today is a year. I'm around all day if you want company, and I'll leave you alone if you don't.
- I said "at least she's not in pain anymore" at the service, and I've been thinking about it. That wasn't fair to you. I'm sorry, and I'm still here.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.