

HOW TO HELP A **GRIEVING** FRIEND

Don't Do This

Try This Instead

<p>DON'T COMPARE SUFFERING OR GRIEF Every loss is unique. Avoid comparing their experience to someone else's, or your own.</p>	<p>ASK QUESTIONS Invite them to share their story. You can connect by showing you care about their experience.</p>
<p>DON'T MINIMIZE Avoid saying things like "it could be worse" or "at least..." Their pain deserves acknowledgment.</p>	<p>ACKNOWLEDGE THEIR GRIEF Remind yourself that this is <i>their</i> experience. Your role is to witness, not to judge.</p>
<p>DON'T GIVE COMPLIMENTS TO CHEER THEM UP When someone is hurting, they don't need to be reminded of their strengths; they need to feel heard.</p>	<p>TRUST THEM TO KNOW WHAT THEY NEED Follow their lead. They are the expert on their own grief.</p>
<p>DON'T FORCE POSITIVITY Grief is not something to "fix" or "brighten." Darkness and sadness are normal parts of mourning.</p>	<p>REFLECT THEIR FEELINGS If they say, "This really sucks," try responding with empathy and honesty: "Yeah, it does really suck."</p>
<p>DON'T RUSH THE FUTURE Try not to talk about what comes next. Focus on what they need right now.</p>	<p>STAY PRESENT Be with them in this moment. Grief unfolds over time and your presence now matters more than your words.</p>
<p>DON'T OFFER SOLUTIONS RIGHT AWAY Most people first need understanding, not action plans. They don't need to be "fixed."</p>	<p>ASK BEFORE GIVING ADVICE Make sure they're open to receiving suggestions before offering help.</p>
<p>DON'T PUSH BELIEFS OR MEANING Everyone makes sense of loss in their own way. Respect their process, even if it's different from yours.</p>	<p>HOLD SPACE, NOT ANSWERS It's ok to not have an explanation. Allow them to express what this loss means to them - whether spiritually, culturally or personally.</p>

Adapted from WhatsYourGrief.com



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