

The 10 Best and 10 Worst Things to Say to Someone in Grief

The Best Things to Say to Someone in Grief

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I do not know how you feel, but I am here to help in any way I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away
7. Give a hug instead of saying something
8. We all need help at times like this; I am here for you
9. I am usually up early or late, if you need anything
10. Saying nothing, just be with the person

The Worst Things to Say to Someone in Grief

1. At least she lived a long life, many people die young
2. He is in a better place
3. She brought this on herself
4. There is a reason for everything
5. Aren't you over him yet, he has been dead for a while now
6. You can have another child still
7. She was such a good person God wanted her to be with him
8. I know how you feel
9. She did what she came here to do and it was her time to go
10. Be strong

- Can anyone else think of any best or worst comments they have heard before? Any other suggestions specific to teens?

Best & Worst Traits of people just trying to help

When in the position of wanting to help a friend or loved one in grief, often times our first desire is to try to “fix” the situation, when in all actuality our good intentions can lead to nothing but more grief. Knowing the right thing to say is only half of the responsibility of being a supportive emotional caregiver.

The Best Traits	The Worst Traits
Supportive, but not trying to fix it	They want to fix the loss
About feelings	They are about our discomfort
Non active, not telling anyone what to do	They are directive in nature
Admitting can't make it better	They rationalize or try to explain loss
Not asking for something or someone to change feelings	They may be judgmental
Recognize loss	May minimize the loss
Not time limited	Put a timeline on loss