

What to Say After Loss

THINGS TO SAY TO & DO FOR SOMEONE WHOSE LOVED ONE JUST DIED

I'm so sorry for your loss.

Offer a specific way to help and make a plan to do it. E.g., "I'd love to bring you dinner this week. When can I stop by?"

Send flowers or a plant.

Tell a story you remember about their loved one.

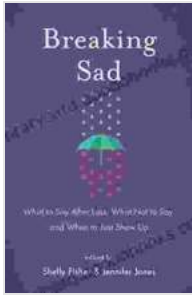
Make a donation in memory of their loved one.



By Jane Doe

Breaking Sad: What to Say After Loss, What Not to Say, and When to Just Show Up by Shelly Fisher

★★★★★ 4.5 out of 5



Language	: English
File size	: 881 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 257 pages



Losing a loved one is one of the most difficult experiences we can face in life. The pain can be overwhelming, and it's often hard to know what to do or say to help those who are grieving.

In this book, Jane Doe offers compassionate guidance on how to comfort and support someone who has experienced a loss. Drawing on her own experiences as a grief counselor, Doe provides practical advice on what to say and do, as well as what to avoid.

This book is an essential resource for anyone who wants to offer support to a grieving friend or family member. It will help you to understand their needs and provide them with the comfort and compassion they need to heal.

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What to Say After Loss

When someone you love dies, it's natural to want to offer your condolences. But what do you say? What are the right words to comfort someone who is grieving?

The truth is, there is no one right answer. What matters most is that you are genuine and compassionate in your words and actions.

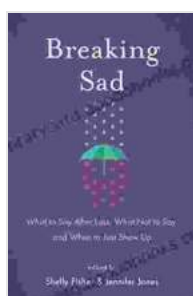
Here are a few tips on what to say after loss:

- **Be sincere.** Your words should come from the heart. Don't try to be eloquent or perfect. Just be yourself and let your loved one know that you care.
- **Be specific.** Don't just say, "I'm sorry for your loss." Instead, say something specific about the person who died. For example, you could say, "I'm so sorry to hear about your father. He was such a kind and generous man."
- **Share a memory.** If you have a fond memory of the person who died, share it with your loved one. This can be a comforting way to remind them of the good times they had together.
- **Offer help.** Don't just say, "Let me know if you need anything." Be specific about what you can do to help. For example, you could say, "I'm free to run errands for you this week" or "I'd be happy to cook dinner for you and your family."
- **Respect their wishes.** Some people who are grieving may not want to talk about their loss. If that's the case, respect their wishes and give them space. You can still show your support by being there for them and letting them know that you're there if they need you.

What Not to Say After Loss

Just as there are some things you should say after loss, there are also some things you should avoid saying. Here are a few things not to say:

- **Don't compare your experiences.** Don't say things like, "I know how you feel. I lost my father a few years ago." While you may be trying to relate to your loved one, it's important to remember that everyone grieves differently.
- **Don't use clichés.** Avoid saying things like, "Time heals all wounds" or "They're in a better place now." These clichés can be dismissive and unhelpful.
- **Don't tell them to "be strong."** This is a common thing to say, but it can be harmful. Grief is not a weakness. It's a normal and natural reaction to loss.
- **Don't offer unsolicited advice.** Unless your loved one specifically asks for advice, don't offer it. Grief is a complex process, and there is no one-size-fits-all solution.
- **Don't disappear.** After a loss, it's important to stay connected with your loved one. Don't disappear after the funeral.



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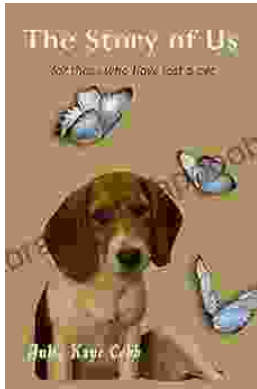
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