



Light House

Peer Support for Grieving Children, Youth and their Families

Finding Words of Comfort and Caring

We all struggle to find the right words when someone we care about has experienced the death of someone important to them. We don't want to say something to cause the person more pain and heartache. However, when we make statements meant to cheer the person up or help them look on the bright side, we may give the impression that the person should not be grieving their loved one.

INSTEAD OF THIS...	TRY THIS...
"Give it time."	"I hope that with time the pain of your loss will not be so sharp."
"Be strong."	"I have heard that grieving can be exhausting. How have you been feeling?"
"At least he didn't suffer."	"If you want to talk about what happened, I will be there to listen."
"It's God's Will."	"I can't know how you are feeling; has this caused you to question your beliefs?"
"She's in a better place."	"What does it feel like for you since she died?"
"You'll get over this."	"If we love someone we don't get over them, but I hope that you will find a way to live with your loss and eventually find joy again."
"Now you have an angel in Heaven."	"What has helped you to feel connected to your loved one."
"You are now the man of the house."	"Things must be very different at home now and it's important for you to still have your own life and activities with friends. What can I do to help your family?"
"Keep busy."	"What do you find helpful to get through the day?"
"It's a blessing."	"I can't imagine how difficult this must be for you."
"Life is for the living."	"It must be hard to think about going on with life without him/her. Would you like to tell me about some of the things you liked to do together?"
"I know how you feel."	"I don't know what to say but I'm here for whatever you need from me."
"I'm sorry for your loss."	"I'm sad to hear this has happened to you and your family."
"It's time to move forward and get on with your life."	"I realize that when you love someone, a part of you will always grieve for them."
"Try not to think about it."	"What are some things that have helped you to cope?"