



## Center for Grief and Trauma Therapy

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We often try to say things to support and help people we care about after they have experienced a loss. However, some things that are often said can lead the person feeling alone, shut down, or feel like he or she is grieving “wrong.” Below are examples of some things that are helpful and not helpful when reaching out to help a friend or loved one.

### **Helpful Things to Say to Someone Who is Grieving**

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't 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
11. I know it's hard to be strong right now
12. There was no good reason for this to happen
13. It's OK to feel this way

### **Unhelpful Things to Say to Someone Who is Grieving**

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
11. It's good she is no longer suffering. Now she is at peace
12. Maybe if you started dating again?
13. I know it's tough, but he wouldn't want you to suffer like this
14. You have to remember the good times. Those are what matters