

### **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 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

### **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 awhile now
6. You can have another child still (Kessler, Grief and Finding Meaning, 2020)
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

(Kessler, Interventions for Dealing with Unattended Grief, 2021)