

# What to say when someone is grieving



Many people worry that they'll say the wrong thing and upset the person who is grieving. It can be a very difficult conversation but it is much better to say something and get it wrong than say nothing at all. It is normal to want to start with "how are you?" but this can be a tough and awkward question for a bereaved person so you could start with one of these:

## **"I'm so sorry"**

This lets them know that you've heard their news and you understand that it's a sad time for them.

## **"I can't imagine what you are feeling right now"**

This is a really honest way to acknowledge what they're going through without assuming you know how they feel.

## **"I wish I had the right words"**

Sometimes saying that you don't know what to say is all it takes. It's simple and honest.

## **"I can see you're having a really difficult time"**

Often when we are sad, we say "I'm fine" when someone asks how we are. Noticing emotions through someone's facial expression or body language is so important and acknowledging that you can see they're struggling might help them to open up and talk about how they're feeling.