



30 Ways
to Support Those
Experiencing Grief



THE EMOTIONAL
INSTITUTE

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- 1 Listen
- 2 Let go of expectations
- 3 Allow them to be who they are and where they are
- 4 If they are lost. Allow them to feel lost. Only they can find their way out
- 5 Their grief is not about you
- 6 Validate their thoughts and feelings
- 7 Validate the magnitude of their loss
- 8 Validate their story
- 9 Validate their timing
- 10 Be present
- 11 Be patient
- 12 Be willing to sit with their pain
- 13 Let go of your own discomfort and awkwardness
- 14 Let go of your own need to think of something comforting or clever to say
- 15 Mirror their tone
- 16 Follow their lead
- 17 Honor their timing
- 18 Honor their need for space
- 19 Remember that thoughts and feelings aren't always rational
- 20 You don't need to make them feel better
- 21 Be comfortable with silence
- 22 Ask directly how you can support them
- 23 Don't judge
- 24 Commenting of how well they are doing is judging
- 25 Don't compare
- 26 Don't imagine how you would feel
- 27 Don't try to fix
- 28 Don't pressure them to talk about it if they don't want to
- 29 Don't project your beliefs on them
- 30 Generously give them the gift of your time