“Grief is the last act of love we can give to those we loved. Where there is deep grief, there was great love.”

Each grieving experience is unique and there are no “right” or “wrong” ways to grieve.

**Some “Normal” Grief Reactions**

- It is normal to experience great emotional pain
- It is normal to experience heightened levels of activity
- Introspection is an important part of healing
- Difficulty eating or sleeping
- Outbursts of anger
- Questioning his/her emotional stability
- Verbalizing that he/she sees or hears the deceased
- Mood swings
- Anger at being forced into a new role

**What NOT to say (an incomplete list):**

- I know how you feel*
- It’s all for the best
- It’s God’s will*
- Don’t cry, everything is going to be okay
- You’re so strong/you’re an inspiration
- You’ll get over it
- You shouldn’t feel that way
- You must get on with your life
- Time heals all wounds

**What TO say (an incomplete list):**

- I’m sorry it happened
- This must be awful for you
- What can I do to help you? (Emphasis is on immediate, practical needs, better yet, just do something of service for them).
- You must have loved ________ so much.
- It’s okay to cry
- It’s normal for you to be angry
- How are you doing now? (not “how are you?”)
- Tell me about ________ (mention the loved one’s name)
- You are safe now (if this is actually true)
- It wasn’t your fault (if you know it was not)
- Your reaction is a normal reaction to an abnormal event
- You are not going crazy
- Things will never be the same but you can get better
- I’m praying for you