

# Ten Platitudes Never To Say To A Mourner

Time heals all wounds.



It is not time, but what I will do with that time that will allow me to move forward.

Your loved one is in a better place.

Is there a better place than being with the family that loves him or her?

God needed your loved one more than you did.

This does not alleviate the pain of his or her absence.



You now have a guardian angel watching over you.

I rather have a flesh and bones person to walk beside me on the journey of life.

Only the good die young.

Does that mean we should stop being "good" because we are more apt to die?

There are plenty of fish in the sea. You will meet someone else.

I just lost my mate. I am not interested, nor will I be for a long time, in exploring the possibility of a new relationship.



I know what you are going through.

Everyone's experience is unique, and you cannot possibly know what I am thinking or feeling.

You are so strong. I know you will pull yourself through this.

Although you want to be supportive, do not place expectations on me so soon after losing my loved one.



You should do this first, and then this, and then this ....

Do not tell me what to do and when to do it. I am in a fog now, but I am not incompetent. I know I have things to do, and I will accomplish them on my own timetable.

At least your loved one did not suffer.

I am thankful for that fact, but I am suffering right now. Knowing that my loved one did not neither alleviates my sadness nor the pain of loss.

