


# MY LOVED ONE HAS DIED

## Ten Ways You Can Help Me



Please stay in touch with me, even in the weeks and months after the funeral. When everyone's life goes back to normal (except mine), this is when I will probably need you the most.

Let me know by your words and actions that you genuinely care about me and my lost loved one.

I am on a roller coaster of emotions, so sometimes I may get angry. Please do not take this personally.

Never say to me "Don't cry." I need to cry. Can you just sit quietly with me while I do so?

Please do not pity me. I need your loving support and reassurance that I am powerful and will survive this tragedy.

Let me repeatedly tell my story of loss. Telling my story, and having someone listen to it, is a potent healing tool. As time passes, I will be able to start seeing (and telling about) my loss and life from a new perspective.

Be sensitive to my feelings. If you ask how I am, please really listen rather than just wanting me to say "I'm fine."

Let me know of any community or online resources which might help me cope with my grief. Write it down and include contact names and phone numbers.

Please call me, instead of telling me to call you if I need you. I probably won't call -- but I DO need you.

Please keep my confidences. I need to share my grief with my friend, but would appreciate it if you didn't share my innermost thoughts with anyone else.