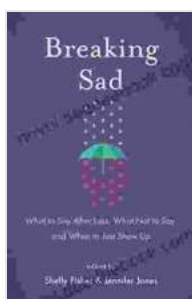


# What to Say After Loss: What Not to Say and When to Just Show Up

Losing a loved one is one of the most difficult experiences a person can go through. It can be hard to know what to say or do to comfort someone who is grieving. This article will provide guidance on what to say after loss, what not to say, and when to just show up.



## Breaking Sad: What to Say After Loss, What Not to Say, and When to Just Show Up by Shelly Fisher

★★★★☆ 4.5 out of 5

Language : English  
File size : 881 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 257 pages



## What to Say After Loss

Here are some things you can say to someone who is grieving:

- "I'm so sorry for your loss."
- "I can't imagine what you're going through."
- "I'm here for you if you need anything."
- "Please let me know if there's anything I can do to help."

- "I'm thinking of you during this difficult time."

It's also important to listen to what the grieving person has to say. Let them talk about their loved one and their feelings. Don't try to change their mind or tell them how they should feel. Just listen and be there for them.

## **What Not to Say After Loss**

Here are some things you should not say to someone who is grieving:

- "I know how you feel."
- "You'll get over it eventually."
- "You should be strong for your family."
- "It was God's will."

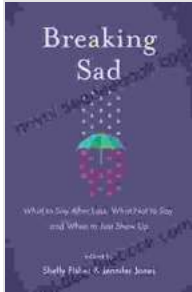
li>"At least they're in a better place now."

These phrases can be hurtful and dismissive. They can make the grieving person feel like they are not being heard or understood. Instead, focus on being supportive and listening to what they have to say.

## **When to Just Show Up**

Sometimes the best thing you can do is just show up. This doesn't mean you have to say anything. Just being there for the grieving person can make a big difference. You can offer to help with practical tasks, such as running errands or cooking meals. Or you can just sit with them and listen to them talk.

When you're not sure what to say, it's always better to err on the side of caution. Just be there for the grieving person and let them know that you care. They will appreciate your support, even if they don't say it at the time.



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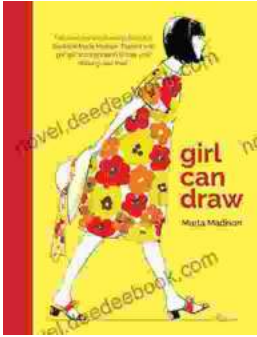
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