

Expressing Sympathy

What Not To Say (Clichés)

Be glad she lived a long life.
Everything happens for a reason.
Aren't you over him yet?
You can always have another child.
I know how you feel.
You have to be strong.
Time heals all wounds.
She's in a better place.
You need to move on.

What To Say And/Or Do

I'm very sorry for your loss.
Please tell me how I can help you.
You & your family are in my thoughts & prayers.
Invite him/her to share.
Be open to listening attentively.
Listen without judging.
Give him/her a hug. (Words aren't always necessary.)