

how to show up.

When someone you love is grieving,
it can be hard to know what to do.

Grief cannot be fixed, but it can be
witnessed. The most powerful thing
you can offer is your presence, the
steady kind that listens more than
it speaks.



*You don't have to have the
perfect words. You just need to
be here.*



what is helpful



"I am so sorry."

The simplest, oldest, most-enduring offering. It needs no follow-up.



"I don't have words, but I'm here."

Names the inadequacy of language and replaces it with a promise.



"I miss them with you."

Places you beside the grieving person. The phrase "with you" is the small miracle here.



"Tell me about them."

Bereaved people long to speak the name of the one they have lost. An invitation, not a request.



"I will remember them with you."

A quiet promise of long-term witness. Means more six months from now than it does today.

what doesn't help



"They're in a better place."

Even when offered from faith, this can feel like a request to be comforted by their absence. Sit with the presence first.



"At least..."

Any sentence beginning with "at least" shrinks grief by comparison. There is no "at least" in loss.



"Time heals all wounds."

Time changes grief. It does not erase it. Promising healing on a timeline is a promise that cannot be kept.



"I know exactly how you feel."

Each grief is its own universe. Saying "I am here with you" honours the presence.



"You should..." or "You need to..."

Grief has not checklist. Advice can feel like pressure. Presence is what they need most.

small steady things



Offer something specific

"I'm at the shops, what can I bring you?"
or "Can I drop supper off on Tuesday?"



Speak their person's name.

Many fear mentioning the one who died, but hearing their name spoken aloud is a gift, not a wound.



Send a message months later.

A short text at week six, month three, first birthday. You are letting them know they are not forgotten.



Let them grieve in their own way.

Some weep. Some go quiet. Some laugh. Some return to work. Others cannot. None is wrong. Follow their lead.



Keep showing up.

Grief is long. Your steady presence matters more than you know.

what stays is love

It does not disappear when they do.
It changes shape.

If someone you love is grieving, you may feel that you have nothing to offer. You do. What they need is not the right sentence. What they need is for you not to disappear.

