



What Not to Say to Someone Who's Grieving

Stupid things people say to someone grieving:

- 1 "Everything's going to be OK."
- 2 "Do you want to play Yahtzee?" (Said to family members sitting at the wake)
- 3 "Just be glad you didn't see the accident happen."
- 4 Telling a grieving person something similar that happened to you.
- 5 "I know how you feel, I also lost my _____."
- 6 "Time will heal."
- 7 "He's in a better place now."
- 8 "God took your child home early, so he wouldn't have to know that his parents were divorcing."
- 9 "I know how you feel, two of my cats died last month."
- 10 "At least you had her for ____ years."

For things to do or say instead, see the article titled "What You Can Do To Help a Person Who's Grieving."

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