

## 10 Best Things to Say to a Grieving Person

The following suggestions offer kindness and compassion.

1. ***"I'm so sorry for your loss."*** It's short, sweet, heartfelt, and always welcomed.
2. ***"Please know that I'm here for you."*** It never hurts to remind someone in pain of your friendship, no matter how close you are.
3. ***"You're in my thoughts and prayers."*** Even people who aren't religious are unlikely to be offended if they know you're sincere (or leave off the "prayers" if you think they might be).
4. ***"Remember you can call me at any hour."*** Alternately, be specific: "You know I'm always up till midnight." Or, "It's never too early in the morning to call."
5. ***"She was such a wonderful person."*** Don't worry that you'll make the bereaved person think about the loved one by bringing up positive reminiscences; you can rest assured he or she is always in mind already.
6. ***"I don't know what to say."*** Admitting you're tongue-tied about offering condolences is better than falling back on a platitude.
7. ***"I can't imagine what you're going through."*** Candor when you give condolence beats comparing the death with your own stories of loss.
8. ***"Would you like to talk about it? I'm listening."*** Provide a gentle opening for the person to share turbulent emotions, if desired.
9. ***"How are you feeling -- really?"*** A more pointed invitation to unload may be welcomed by some; just don't press.
10. ***"I've brought you a meal to eat or freeze; it's in disposable containers so you don't so you don't have to return anything."*** Better than asking, "How can I help?" is to step in with concrete help: bringing a meal or showing up to mow the lawn.

By [Paula Spencer Scott](#), Caring.com contributing editor