
Offering Support Through the Grief Process

1. **DO** listen and hear what is being said.
2. **DO** acknowledge that each person's experience of grief and loss will be unique.
3. **DO** remember that nobody has to justify their feelings to you.
4. **DO** realize the person has suffered a loss, even if you don't perceive it as such.
5. **DON'T** prevent the person from expressing their guilt or anger if they need to.
6. **DO** allow the person time to grieve.
7. **DON'T** stifle the person's desire to talk about the deceased.
8. **DO** encourage the griever to express emotion and to work through the grief.
9. **DO** remember that many who give support immediately after a death may be delayed in working through their own grief.
10. **DO** recognize the intensity of grief that will be experienced at certain significant times i.e., anniversaries, Christmas functions.
11. **DON'T** personalize knock-backs to your efforts to assist.
12. **DO** encourage those who have a common grief to support one another if they can.
13. **DON'T** give trite answers to the 'Why?' question.