

Helpful Things to Say to Hurting People

- ◆ “I realize nothing I say can ease the pain, but I want you to know that I’m here for you.”
- ◆ “How are you feeling about this?”
- ◆ “I don’t know what to say, but I’d love to listen. Do you want to talk some more about this?”
- ◆ “How can I best support you right now?”
- ◆ “I love you and grieve with you.”
- ◆ “I can’t begin to imagine what you are going through, but I want to help. What can I do that would be helpful?”
- ◆ “This is not your fault.”
- ◆ “I see how this could make you feel sad/frustrated/lonely/afraid/anxious/etc.”
- ◆ “May I bring you dinner tonight?”
- ◆ “What’s the hardest part about this for you?”
- ◆ “May I pray with you about this right now?”
- ◆ “Don’t hesitate to call me day or night if you need something.”
- ◆ “I realize that this pain may not go away quickly, so I’m going to check in with you next week/month/etc. I’ll continue to care for you and support you for as long as you feel the pain.”
- ◆ “I want to journey through this with you.”
- ◆ “We don’t have to talk; I’m happy to simply sit here with you.”

