

# Telling Others What Helps

Once you have completed the exercise 'Identifying how others can support you', you might find it easier to ask for practical support over emotional support as the latter may feel a more sensitive area to bring up. We know that grief myths don't make it easy for people to honestly express themselves without judgement or assumptions from others which only brings further isolation and misunderstanding. So to break down these myths, your voice needs to be heard.

If you feel up to it, you may find these conversation starters allow for more helpful dialogue to happen so that you get the support you need. In many cases, people are just lost for the right thing to say, so it comes out as wrong, insensitive, unhelpful and even hurtful. And we know that some, unfortunately, may just be ignorant and need educating. *You* decide who is worth the effort in talking to/explaining and when it might be best simply to walk away .... And breathe!

You might pre-empt your statement with something like, "I understand you're trying to help but ..."

"It doesn't help when you say ..."

"It would be more helpful if you would ..."

"I would like you just to sit with me/listen to me/hold me, etc ..."

"I don't want to be judged/criticised for ..."

"That isn't at all how I feel ... it's more like ..."

"It's hurtful to compare my loss to the loss of your uncle/cousin/dog, etc ..."

"I'm not yet ready for ..."



“I’ll never get over my loss, I have to find a way to learn to live with it ...”

“I don’t feel like doing ...”

“I loved him/her, my heart is broken ... I don’t want to be fixed ....”

“I can’t simply move on after losing ... they will always be a part of me”

“I’d prefer to be ....”

“There may be no reason at all for their loss, it just is as painful as it is ...”

“I need to keep talking about him/her ...”

“I don’t want to feel strong right now, I want to grieve”

“Please don’t say he/she is in a better place ... I wanted them here with me ...”

“I am thankful for what I have in my life, but it doesn’t take away the pain of losing ...”

*And if you really need to say it then ...*

“If you have nothing kind to say to me, then please say nothing at all ...”

