

# Grief Conversations

Supporting a Friend in Grief



## Things to Ponder?

Take some time and reflect on your own experience with grief?

What do you know about grief?

What has your experience been with grief?

When your loved one died, what did people say that did not help?

What is your biggest concern when supporting someone who has experienced the death of a loved one?

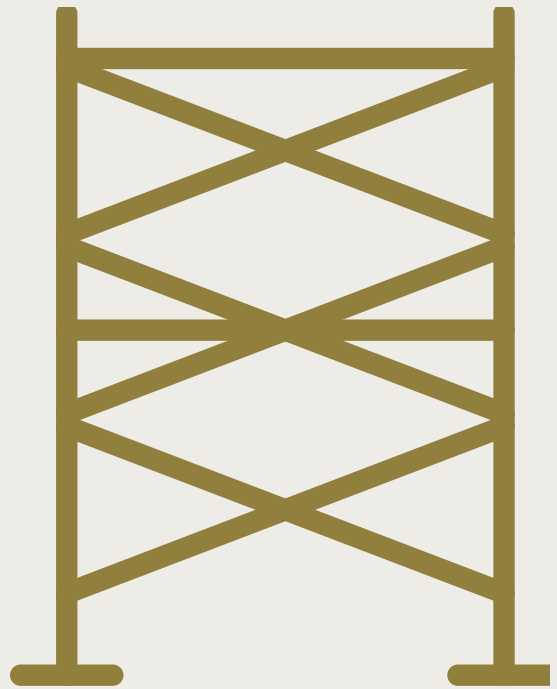


You may have to get comfortable with discomfort, but there are tools to help – see next page

# holy scaffold

support vs.help

What is their usual response when you ask if you can help someone?



**What if you asked, “How can I support you today”?**

Scaffolding provides support and safety and still allows for the work to happen.

It's similar to when supporting someone grieving; you can be a safe, supportive friend and let them do the work of grief.

Trying this trust-building and supportive model,

# L.I.S.T.E.N.

L

## Come in Love

Come from a place of love, not judgement, they will do grief the way they do grief

LI

## Be there In silence

You can just be there for them, you don't have to have the answers. There are none.

LI  
S

## Self-Regulate

Make sure you are in a mental, emotional and physically regulated state. This is about them not you.

LI  
ST

## Take Time

Time is precious and it is a gift, take your time and make sure they are good with that as well.

LI  
ST  
E

## Encourage

Encourage, not prescribed; you can say, "Would you consider getting dressed today? Not "get out of bed. You are rotting."

LI  
ST  
EN

## Notice

As a friend, you can notice and monitor any changes in mood or physical changes that may need attention.