
THINGS THAT DO NOT HELP WITH GRIEF, AND MISTAKES TO AVOID WHEN HELPING THOSE IN GRIEF

BEING TOLD HOW TO FEEL

BEING AVOIDED

- o People didn't know what to do or say so they avoided me. They felt uncomfortable, but it made me feel isolated and sadder.

BEING PUSHED TO TALK

- o Sometimes I didn't feel like talking. Some people were nosey and kept asking what was wrong or why I wouldn't talk about certain things. Respect where people are at.

FEELING DIFFERENT

- o People whispered about me and kept looking at me. Sometimes I just wanted to forget what happened and feel normal again. Don't think I'm strange if I laugh, or joke, or cry.

BEING OFFERED A REPLACEMENT

- o No one can replace the person or thing that is gone. Don't say you can get another pet, have another baby, marry again.

NOT BEING ASKED DIRECTLY

- o It hurt when people asked my friends what happened because they were uncomfortable asking me.

BEING TOLD HOW TO FEEL

- o I was told I should cry, or shouldn't cry, I should be angry, I should be better by now. People assume I should feel a certain way because "everyone feels that way." My feelings are my own, not right or wrong, just how I feel. Never assume.