

Do Not Make *the Family Ask*

"Let me know if you need anything" gives the grieving person another job.

A grieving family is exhausted. Asking them to organize your concern adds to the weight they already carry. Good help names the day and names the task. It does not ask what is needed — it decides, then offers.

WHAT TO DO

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| ☐ Name the day, name the task — then ask only if it works. | ☐ Bring a specific meal on a specific day, unannounced. |
| ☐ Take on lawn care, snow removal, or errands without asking. | ☐ Offer a specific ride to a specific appointment. |
| ☐ Help with paperwork, benefits calls, or agency phone calls. | ☐ Call on a scheduled day and time — and do it every time. |

DO THIS WEEK

Choose one task. Name the day. Do it without asking permission first. That is the entire assignment.

ASK YOURSELF

What specific task could you take on this week that removes a decision from the family entirely?

“Be the person who showed up on a Tuesday, for no reason, without being asked.”