

Say Less. *Stay Longer.*

Most grieving people need fewer speeches and more steady people.

When people are nervous, they talk. But a family that has lost someone doesn't need another version of 'he died a hero.' They need someone who can stay without needing the conversation to go anywhere — patient, present, and not made uncomfortable by silence.

WHAT TO DO

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| ☐ One short sentence is almost always better than a long one. | ☐ Try: "I've been thinking about you." Then wait. Don't add to it. |
| ☐ Try: "I don't have anything that fixes this. I'm just here." | ☐ Avoid explaining the loss, comparing it, or offering reasons. |
| ☐ When someone is crying, do not speak until they are ready. | ☐ Leaving quietly is better than filling the room with nervous noise. |

DO THIS WEEK

Practice out loud: "I've been thinking about you." Then stop. Do not add another word. That is the whole assignment.

ASK YOURSELF

What makes you want to fill the silence when you are with a grieving person?

“Say one true thing. Then stop talking. Let the quiet work.”