

# Homework:

## Week 2: The Best & Worst Things to Say to Those in Grief

Did you view the Tuesday Training this week? Yes or No?

What are the 3 Tips Dave suggested for talking to someone in grief? Which one of these 3 tips resonates with you personally? Why?

Dave shared the BEST and WORST things to say to those in grief. What is the best thing someone said to you after your loss and what is the worst thing someone said?

Often our first desire is to try to “fix” the situation, but our good intentions can lead to nothing but more grief. Knowing the right thing to say is only half of the responsibility of being a supportive emotional caregiver. Below are BEST and WORST traits of things to say. Put a “B” next to a best trait and a “W” next to a worst trait.

- They are supportive and are not trying to fix it
- They share how much they love you
- They minimize the loss
- They don't tell you how to feel or what to do (non-active in nature)
- They are driven by their discomfort
- They admit they can't make it better
- They are directive in nature telling you how you should feel or what to do
- They want to fix the loss
- They don't ask for something or for you to change your feelings
- They rationalize and/or try to explain your loss
- They recognize and acknowledge your loss
- They don't put a timeline on your loss
- They are judgmental about how you are grieving
- They put a timeline on your loss

What are the 3 meaningful responses to people in pain (The 3 H's)? Which of the 3 responses resonates with you? Why?

Dave shared tips for when others say harmful comments to you. What is one thing you can say to someone who says something to you that hurts?

What is The Rule of 3?