

What a Helper Can Do for a Grieving Friend

- 1. Be there.** Your physical presence is more of a comfort than any words you might speak. Don't worry about the inadequacy of your words.
- 2. Allow feelings to be expressed.** Let your friend or helpee verbalize whatever is going on inside.
- 3. Attend the funeral service,** go to the funeral parlor or participate in whatever rituals the family enters into to commemorate the deceased. Your presence is a support.
- 4. Don't attempt to cheer up your friend.** Let her feel what she feels. Don't preach to her. Even Christian belief in the Resurrection may not be comforting due to the overwhelming feelings of grief. That's OK. You will sense the right time to share your faith.
- 5. Don't neglect your friend** after the period of bereavement. When the funeral is over and friends and family go away, a grieving person is often neglected at the very time when the pain is most acute. Continue to be there and don't set any time limit on the grieving period. Don't decide when your friend should be "over it" and "get on with life." The grieving period is personal and varies with each person.