

Perhaps these words of advice from a hurting person summarize what's best not to do and what to do.

PLEASE

PLEASE, don't ask me if I'm over it yet.

I'll never be over it.

PLEASE, don't tell me she's in a better place.

She isn't here with me.

PLEASE, don't say at least she isn't suffering.

I haven't come to terms with why she had to suffer at all.

PLEASE, don't tell me you know how I feel

unless you've lost a child.

PLEASE, don't ask me if I feel better.

Bereavement isn't a condition that clears up.

PLEASE, don't tell me at least you had her for so many years.

What year would you choose for your child to die?

PLEASE, don't tell me God never gives us more than we can bear.

PLEASE, just say you are sorry.

PLEASE, just say you remember my child, if you do.

PLEASE, just let me talk about my child.

PLEASE, just let me cry

Wright, H. Norman. What to Say When You Don't Know What to Say: In Times of Grief, Heartache, and Crisis (p. 40). Harvest House Publishers