

What Not to Say When Comforting Someone

- “I don’t understand why you’re still crying. Life goes on, you know.”
- “Look, you only lost your stepfather. What about your mother? She has a greater loss than you, and she’s pulled herself together.”
- “No one should feel that way about losing a cat. It’s only an animal. You had it for ten years. You can find another one.”
- “This will make your family closer. It’s an opportunity to grow together.”
- “I’m sure this will teach the other college students to be more diligent in their studies.”
- “Don’t you appreciate what you have left?”
- “Next time we’ll be sure not to use that doctor or hospital.”
- “You’ve started out in new jobs before, so just look at this layoff as a great opportunity—like George did when he got fired.”
- “Be brave.”
- “You shouldn’t feel that way. After all, you have the Lord.”
- “It’s time to pull yourself together. You wouldn’t want Mother seeing you that way, would you?”
- “The past needs to be put behind us. Let’s move on to the future with God.”
- “At least he didn’t suffer.”
- “Well, just be glad it wasn’t your only child.”
- “Look at it this way. Losing your husband this young and being without children will make it easier for you to handle.”
- “Everyone dies sooner or later. He just died sooner.”
- “The children need you to be strong.”
- “If you’d had a burglar alarm in your home, this never would have happened.”
- “This must be God’s will.”

Wright, H. Norman. *What to Say When You Don't Know What to Say: In Times of Grief, Heartache, and Crisis* (pp. 30-31). Harvest House Publishers. Kindle Edition.