



FLIP THE SCRIPT



I'm sorry for your loss.



I know there are no words to make it better. Just know that I'm here and want to support you however I can.



The holidays must be so hard for you.



I'm so happy to see you. I know sometimes the holidays can be hard after someone dies.



I completely get what you're going through.



Grief is different for everyone. What has it been like for you?



Shouldn't you be over grieving by now? The death happened a while ago.



How is your grief feeling right now?



You need to be strong.



You might feel like you need to be strong, but you don't have to be with me.



I heard your [person] died. I'm sorry to hear that. I hope you are doing okay.



I know your [person] died. I want you to know you can talk to me about this if you want to. I care about you and want to support you.



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How are you?



I have been thinking about you. I wanted to check in and see how you are doing.



Your [person] wouldn't want you to be sad.



It is okay that you are feeling sad. We can talk about it if you want.



You must be so sad and really miss your person.



I don't know what you're going through, but I want to listen if you want to share.



I bet this time of year is hard for you.



Holidays can be hard after someone dies. How are you feeling about [holiday, anniversary, birthday]?



They're in a better place. Everything happens for a reason. At least they're no longer in pain.



When people die they can leave a space in our life. What's something that's comforting right now?



Tell me how they died.



Tell me about them.