

When someone you love is grieving

Staying close without rushing anyone toward feeling better.

4 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

LESSON 1 OF 4

It's Good to Talk About Dying

What have you said to a grieving person that you would take back? What would you say instead?

This week I tried it with:

LESSON 2 OF 4

Friendship in the Darkest Place

What have you said to a grieving person that you would take back? What would you say instead?

This week I tried it with:

LESSON 3 OF 4

Forgiveness After Deep Wounds

How long do you think grief should take? Where did that idea come from?

This week I tried it with:

LESSON 4 OF 4

Coming Back After a Life-Changing Injury

What would change if you asked 'and then what happened?' one more time than usual?

This week I tried it with:
