

What To Say When Someone Dies

HOW TO EXPRESS YOUR CONDOLENCES

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OPTIONS FOR EXPRESSING CONDOLENCES

OPTION 1:

In Person

The best way to express condolences to someone grieving the loss of a loved one is with a **personal visit**.

This is particularly appreciated at the **wake or funeral service**.

TIPS FOR EXPRESSING CONDOLENCES IN PERSON

Many of us are terrified to say the **“wrong thing”** to someone who’s grieving. The last thing we want to do is to say something that might upset them.

Just remember to speak from a place of **compassion and love** and acknowledge their loss.

DON'T:

Deny that the person is gone, or that there is deep emotional pain because of the loss, or that life is forever changed.

Avoid saying things like:

“I know how you’re feeling.”

“S/he is in a better place.”

“Now you can start moving on with your life.”

“It’s part of God’s plan, so you should accept it.”

“You’ll feel better soon. Life goes on.”

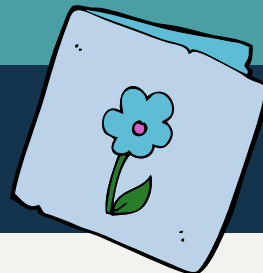
DO:

Share how much you miss the person who died & mention your favourite memories of him/her.

Say things like:

“[Name of deceased] was always so kind to me. I’ll always remember how s/he [share memory]. I miss him/her so much.”

UNABLE TO OFFER YOUR CONDOLENCES IN PERSON?



OPTION 2:

Send a Condolence Card

Sometimes it is just simply not possible to offer your condolences in person, especially given geographical distances.

In these cases, you can send a **condolence card** containing your condolence message.

TIPS FOR CONDOLENCE CARDS

When choosing a condolence card, pick out a card that you think the **recipient** would appreciate the most.

Make sure to consider both the **picture & messages** and ensure that they **both** reflect the sentiment you're trying to convey.

*For example, if you, or the recipient, are uncomfortable with religious subject matter, avoid cards with religious imagery.

ALSO KEEP IN MIND...

Some condolence cards **specifically mention that type of loss** on the card - make sure your card isn't referencing the wrong type of loss!

When in doubt, choose a sympathy card with a simple message of **peace and comfort**.

You can also **choose a blank card** & add your own personalized message.

CHOOSING THE RIGHT CONDOLENCE CARD

Ask yourself:

1. Does the sentiment inside the card match my own feelings?
2. Will the recipient of this card appreciate the sentiment of the message?

HOW TO WRITE A CONDOLENCE MESSAGE

Dear [Recipient’s Name]:



[I/We] are so sorry to hear about the passing of [Deceased’s Name]. [He/She] was a good [Type of Relationship] to us, and will forever be missed. Our favourite memory of [Him/Her] is the time when [Share Story]. Please accept our deepest condolences.

Love, [Your Name]

Visit www.loveliveson.com/condolences for more tips.

