

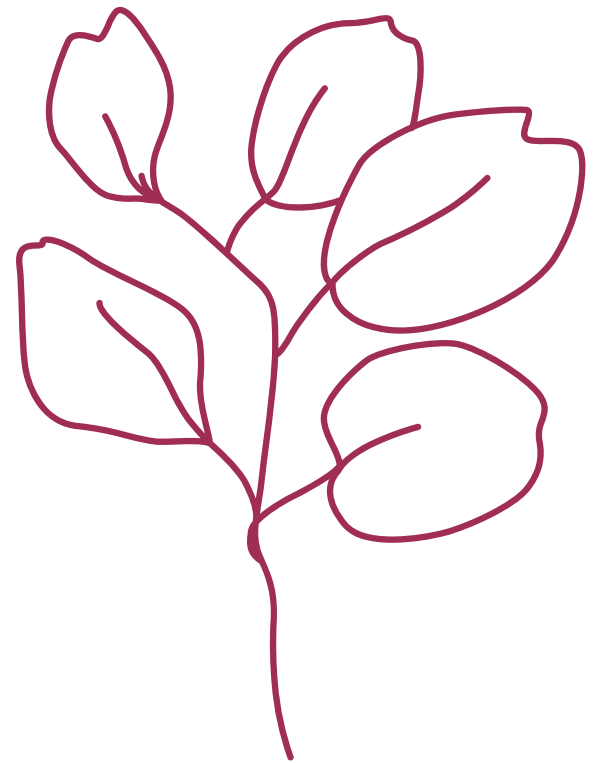
# 10 Best and Worst Things to Say TO YOUR HURTING FRIEND

## Best

1. I am so sorry for your loss.
2. I wish I had the right words.
3. I can't imagine how you feel, but I want to help in any way I can.
4. You and your loved ones will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away.
7. Give a hug instead of saying something.
8. We all need help at times like this; I am here for you.
9. I am usually up early or late if you need anything.
10. Say nothing, just be there.

## Worst

1. At least she lived a long life; many people die young.
2. He is in a better place.
3. Just don't think about it.
4. There is a reason for everything.
5. Aren't you over him yet?  
He has been dead (or you've been divorced) for a while now.
6. You can have another child.
7. She was such a good person God wanted her to be with Him.
8. I know how you feel. (You don't know how another person feels. The Bible tells us in Proverbs 14:10, "Each heart knows its own bitterness...").
9. She did what she came here to do, and it was her time to go.
10. Be strong.



Adapted from [grief.com](http://grief.com)