**Encouraging Those in the Loss of a Relationship**

* Practice the 3 “H’s” – Hug–Hush–Hang Around
* Acknowledge their Loss – Say “I’m Sorry”
* Create space for them to express their emotions (anger, hurt, etc.)
* Listen – Listen – Listen – Be an active listener
* Create a “safe place” for them to process their feelings and “feel the pain” (*Safe People* by Cloud & Townsend)
* Offer kind words--the perfect words rarely exist
* Sit with them in silence
* Express to them “I don’t know what to say, but I’m here and I care.”
* Hold their hand and let them cry (If appropriate, cry with them)
* Be a support – See article on Comfort vs Support—create link
* Be one of their balcony people (*Balcony People* by Joyce Landorf Heatherly)
* Refer them to whatsyourgrief.com
* Let them know they are not alone
* Encourage them to not rush the Grief Process
* Pray with them & for them
* If they laugh don’t assume they are over their grief
* Allow them as long as they need to work through the grief