



Unhelpful strategies

1. Avoidance behaviours refusing to bring up the subject, or avoiding the person

2. Directives 'You will have to be the head of the family now'; 'You will have to get control of yourself'

3. Forcing behaviour being pressured to talk about it, being pressured into new relationships

4. Judging 'Why are you acting this way?'; 'don't take it so hard'

5. Suggesting full understanding 'I know exactly how you feel'

6. Comparing losses 'At least it's not as bad as...'

7. Random judgements 'It's for the best'; 'She's better off now'

8. God's needs 'It was God's will'; 'God needed him in heaven'

(Adapted from Glasscock, G. & Rowling L (1992) *Learning to Grieve – Life Skills for Coping with Losses* Newtown, Millennium Books, pg 105.)