



Tips for Flipping the Script

The words we use are important. While your intentions may be sincere, the choice of your words significantly impacts whether you are supportive of someone in their grief. Flipping the Script references a shift in perspective or a change in the way a situation is typically handled. When someone "flips the script," they are taking a different approach because we know that many of the traditional expressions of sympathy can be unhelpful or even hurtful to grievers. This information was originally developed collaboratively with Dougy Center, Eluna, Experience Camps, Judi's House, and the NACG for Children's Grief Awareness Month.

Common Expression of Sympathy	Flip the Script
The holidays must be so hard for you.	I'm happy to see you. I know sometimes the holidays can be hard after someone dies.
I'm sorry for your loss.	I know there are no words to make it better. Just know that I'm here and want to support you however I can.
I completely understand what you're going through.	Grief is different for everyone. What has it been like for you?
Shouldn't you be over grieving by now? It's been a while since they died.	How is your grief feeling right now?
You need to be strong.	You might feel like you need to be strong, but you don't have to be with me.
I heard your [person] died. I'm sorry to hear that. I hope you are doing okay.	I know your [person] died. I want you to know you can talk to me about this if you want to. I care about you and want to support you.
How are you?	I have been thinking about you. I wanted to check in and see how you are doing.
Your [person] wouldn't want you to be sad.	It's okay that you are feeling sad. We can talk about it if you want.

You must be so sad and really miss your [person].	I don't know what you're going through, but I want to listen if you want to share.
I bet this time of year is hard for you.	Holidays can be hard after someone dies. How are you feeling about [holiday, anniversary, birthday, etc.]?
They're in a better place. Everything happens for a reason. At least they're no longer in pain.	When people die, they can leave a space in our life. What's something that's comforting to you right now?
Tell me how they died. What happened?	Tell me about your {person}.

Grieving Hurts. We can help.

Could a child in your life benefit from grief support?

Contact Compass today at

Compass@FourSeasonsCFL.org or 866.466.9734



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