GLOBAL GRIEF NETWORK | LEARNER TOOLS

Exercise: What I Want People to Know

Exercise | A page you can share with the people around you



About this page: People around you may not know what to say or do. Fill in this page and share it, as it is or in your own words, with family, friends, or coworkers.

I am grieving

They died or the loss happened on

Something I would like you to know about them

Right now, grief is making it hard for me to

What helps me

- ☐ Hearing their name
- ☐ A text with no need to reply
- ☐ Invitations, even if I say no
- ☐ Remembering important dates
- ☐ Hearing your memories of them
- ☐ Help with a specific task
- ☐ Sitting together quietly
- ☐ Being asked what I need

What does not help right now

- ☐ Advice I did not ask for
- ☐ Comparisons with other losses
- ☐ Avoiding the subject altogether
- ☐ Being told how I should feel
- ☐ Being rushed to feel better
- ☐ Something else

One thing you could do for me this week

In immediate danger: call 911. 988 Suicide & Crisis Lifeline: call or text **988** (US). Elsewhere, use your local emergency number and crisis line.

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