

Ten things you can say when someone's loved one has died.

1. "This is hard."
2. "Of course it's hard to think."
3. "A minute at a time may be all you can do."
4. "You don't have to know every answer right now."
5. "You don't have to be strong for anyone."
6. "You can be happy for your loved one AND sad for yourself."
7. "You get to be the center of your universe right now."
8. "This is not your fault."
9. "God's not mad at you even if you are mad at God."
10. "Remember the best time, not the last time."

Bonus

11. "Not everyone who dies is a nice person."

From *This is Hard. What I Say When Loved Ones Die* by Jon Swanson.

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