

# TALK ABOUT GRIEF

## Grief 101: the Do's and Don'ts of Talking about Grief

As a society, we don't always learn how to talk about grief and death. Experience Camps is trying to change that.

### How to talk about grief:

#### Do

- Listen to hear and understand, without planning your response.
- Understand that everyone grieves differently. Be open and listen.
- Allow for moments of silence. Be willing to sit with the feelings that come up.
- Be you. Show up to this conversation with your most authentic self.

#### Do Not

- Be afraid to say the wrong thing.
- Judge.
- Worry or panic if there are a few moments of silence. (It's okay!)
- Try and be anyone you're not. (You're you and you're human.)

**No one is perfect. The fact that you're listening and talking with someone is helpful. If you're not sure what to say, that's okay too. You could invite the person to tell you more or ask a question.**

### Try asking questions like:

- What was their name?
- Is there a memory you would like to share about them?
- What was your favorite thing to do with them?
- Would you tell me one of your favorite stories about them?

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## Debunking 3 common myths:

**You've probably heard some myths about grief. Let's start with a few facts:**

- There are no stages of grief. Grief isn't linear – and everyone moves through it in their own way.
- There is no timeline on grief. While feelings tend to shift, it's not realistic to expect people to be “further along in the process” by specific milestones.
- The goal is not to “get back to normal” (living our lives just how we did before the death) or “get over it” or “find closure.” The goal of grief is to honor our memories while adjusting to a new normal.

**For a deeper dive into this topic, visit [TalkAboutGrief.org](https://TalkAboutGrief.org), a project from Experience Camps, a nonprofit that champions the nation's 5.3 million bereaved children and runs a network of no-cost camps that help grieving children thrive.**

# #GoBeyondImSorry