This session focuses on discovering what the world tells us about our loss and how we should grieve versus what we wish we could teach the world instead. Hidden rules of grieving:

1. We do not want to hear cliches- ask what they have heard and what they feel about them.
2. We do not want people to say they are sorry. Say, “ I am here” or sit quietly.
3. We do not know what we need, so we will not ask.
4. We want to be asked about the person we lost.
5. We want to talk about the person we lost. They are still very much with us. You a\can and should say their name. We do not want someone to say, “I was going to talk about them, but I didn’t want to remind you.” We are NOT GOING TO FORGET THIS LOSS.
6. We are tired of hearing that God doesn’t give you more than you can handle, we are strong, I’d die/kill myself if I was in your situation, etc. None of this is helpful.
7. We want people to think before they speak.
8. We want crying to be acceptable and welcome.

What does your group want to contribute to this list?

Discuss each one and add more to it. How does it feel when these rules are broken? Is it more severe (do we respond less graciously) when the person saying it has also lost someone?)