

1 – people want to be heard and having the chance to share their feelings of grief can be helpful.

2 – most people want to talk about the person or pet they are grieving and this can be a nice transition into that.

3 – whether it is by text, email, phone call, or snail mail.

4 – telling the person you are here for them if they just want to be in company can be comforting, especially if they are not ready to talk.

1 – this can come across as trite and diminish a person's experience.

2 – the person might share a different idea of what happens after death and this statement can feel irritating.

3 – this can lead to further isolation and feelings of "I should be over this by now".

4 – everyone is unique in their response to grief and there is no "normal" period of time during which someone should recover.

5 – grief is something that must be experienced in order for healing to take place.

6 – the events leading up to the loss of a pet, especially if euthanasia is involved, are very personal and it might be triggering to be asked to share them, especially soon after the loss.