

Are You Helping or Hurting.

June 2007

by Tammy Miser

The one thing reoccurring theme during the holidays are the after effects of well meaning family, friends, and coworkers imposed upon an already grieving family. At this time it is more important than ever for everyone involved to think before they speak.

This list of comment should never be said and reasons why:

1. **I know how you feel.** No matter what you have been through you can never possibility know exactly what another person thinks or feels. There are no two people alike and we are all in different stages of growth therefore you cannot know how they feel or think.

2. **God wanted him/her with in heaven him.** Some things are better off unsaid and if this is your belief and brings comfort to you that is great however for most all it does is weaken their faith and bring about anger. Most people cannot and will not understand a God who snatches people from the earth.

3. **The reason for disease and death is sin.** Biblically this may be the case in the long haul however we all have sinned and continue to do so. It has nothing to do what so ever with their sinful life. We are all born into sin and die in it. In order for this statement to be true there would be some who never die and what about all the babies and children whom are lost so early on.

4. **It is time to move on.** There is no time limit for grief therefore there is no set time to move on or get over it. First of all the blood and brain chemistry itself changes during grief. The same way a women's body changes to handle a birth and delivery so does a grieving body. No one can control this process and your words will only further their grief making them feel as if there is something wrong with them.

Now that we have the don'ts here is a list of do's and guess what? It's easy:

1. **Be available.** They may need a shoulder or an ear, so bring a box of tissues. They may not feel like cooking or eating, so carry in a meal they enjoy. They may not (believe it or not) want to bath so bring them some new products to try out. They may not even want to get out of bed so go to their home and do laundry, clean house, or mow the lawn. Most of the time that will motivate them, they can't lay there while someone else works. If they do chose to just lay there then hey you have done your good deed anyhow. Just be observant and do or be what is needed.

2. **Counselor.** Give it time before you fill this role but if you do feel that they have lost too much weight, lost a job, basically they are not functioning at all or the family is being effected then see if you can get them to a doctor. It may mean you need to have someone else who has been in that situation or on meds to speak to them. Remember to remind them that what they feel and think is normal and there are times when we all need a little help and remind them of all the good times, this just helps them remember they are loved and needed. Just telling them they are loved and needed is not enough they may not care at the moment but none of us can resist emotion we already have.