

How to Love a Griever



Supporting Through LOVE

Listen

- How can you actively listen to someone who is grieving?

- What are some phrases or questions that show you are listening?

Observe

- What signs might indicate that someone is struggling with their grief?

- How can you gently check in with them based on your observations?

Volunteer

- What practical tasks can you offer to help with?

- How can you make your offer of help specific and actionable?

Embrace

- What are some ways you can provide emotional or physical comfort?

- How can you ensure your support is respectful and welcomed?

Use this worksheet to brainstorm and plan how you can support someone through their grief using the LOVE approach.