

## OVERCOMING GRIEF

### SUGGESTION: USE EMAIL

Email can be a great communication tool that allows you to tell a number of people – such as work colleagues – the same information. You can ask someone to communicate with other people on your behalf if you're not up to it.

### EXERCISE 6.2: PLAN WHAT TO SAY ABOUT THE DEATH OF YOUR LOVED ONE

You will feel more in control if you plan a simple statement about the death of your loved one that you can repeat to people who are not in your immediate circle of family or friends, when they ask how you are. Write down the answers in steps 1 and 2, and use them to write your statement in step 3.

Step 1. What information would you like them to know?

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## DIFFICULT CONVERSATIONS

Step 2. What information would you prefer they didn't know?

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Step 3. Write down in a sentence what you would like to say. Rehearse it.

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Another difficult conversation you might find yourself needing to have is telling those who care about you that it doesn't help to hear that someone else is worse off than you. You will need to find the words to let the person know that you don't want to hear about these stories now. The following conversation between Joan and Nancy might give you some ideas.

Joan: Nancy, I was really sorry to hear about Jack. What happened?

Nancy: Well, he had been feeling unwell for the last three weeks since having a few chest pains and was having some tests. The doctors were trying him on different medications for angina when he just died in the hospital . . .