



Writing Sympathy Cards

<http://whatsyourgrief.com/how-to-write-a-sympathy-card/>

Things to Write Inside the Card

Dear _____,
Offer condolences. Talk about the person who died. Offer something specific. Close.

Sign



Dear Kaitlym,

I am so sorry for the loss of your mom. I can't even imagine the pain of losing a parent. Though I didn't know your mom well, she was always so kind and had such a wonderful sense of humor. I will miss talking to her in the yard about her beautiful garden - she was a pleasure in the neighborhood. Since I live right next door to your mom's house, please let me know if I can be helpful by picking up the mail, mowing the lawn, or addressing any other maintenance needs. Please take care and don't hesitate to call me if I can be of any support.

*Take Care,
Dave*

**AVOID
Rehashing the tragedy.**
It's better to not bring up the circumstances of the loss.

Pick a simple card.
Choosing a blank card instead of a standard message will be a lot more meaningful and gives you a chance to personalize the message to your friend.

Consider what you know about the recipient.
You know your friend better than any Hallmark card will so be sure to include something thoughtful.

**AVOID
Saying "your loved one is in a better place."**
Even if you know they believe in an afterlife, this does not ease the pain of the person being gone.

**AVOID
Falling back on stock phrases from greeting cards.**
A personal message is crucial. A long message created by a greeting card employee does not exactly convey your most sincere, heartfelt, or genuine sentiments.

Offer something specific.
Though grieving people often need help and support, it can be hard for them to know how to ask for help or what to even ask for.

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