Support That Fits Grief

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Friends do not know how to offer help.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Match offers of practical help and listening with the bereaved person's stated preferences.

3. What offer can be accepted or declined easily?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.