

Grief and Everyday Care | Rehearse

Tell Someone How to Be There

Adults | 8 to 10 minutes | Session guide

Practice asking for a specific kind of grief support or setting a limit.

People may want to help without knowing what you need. You can give a small direction without explaining or defending your grief. You can also decide that a particular person is not someone you want to involve.

How to use this page

Choose a trusted person and one manageable request or limit. Draft it privately or rehearse with someone supportive. Sending it is optional.

Name the kind of support

Try a specific request: "Could you bring a meal on Tuesday?" "Would you sit with me without giving advice?" or "Can we talk about something ordinary today?" State the part that matters most, such as timing, quiet, or not needing to host.

Protect a boundary

You might say, "I appreciate your concern, but I am not discussing those details," or "Please ask before sharing my news." You do not need to offer a replacement topic. Consider whether a written message or another person's help would make the boundary easier.

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Plan for an imperfect response

The person may misunderstand or be unavailable. Practice one clarification and one alternative source of support. You can end a conversation that is unhelpful. A disappointing response does not mean the need was unreasonable or that you must manage alone.

1. My request or limit, and an alternative if this person cannot help**Facilitator notes and adaptation**

Consider relational safety and power before rehearsing direct requests. Avoid recommending contact with estranged or harmful people merely because they are family. No reconciliation is required.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA06 | National Institutes of Health, News in Health | Navigating Grief

<https://newsinhealth.nih.gov/2026/07/navigating-grief>

PA07 | National Institutes of Health Clinical Center | Kind Ways to Support Someone Who Is Grieving

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<https://www.cc.nih.gov/bereavement/support>