

Grief and compassionate listening

I see you. I hear you. | A caring conversation at a glance

NOTICE BEFORE YOU EXPLAIN

An unanswered message is a fact. The explanation we add may be a guess.

1



Check the assumption

"What do I know, and what am I adding?"

Notice what happened. Keep your explanation open.

2



Ask for permission

"Is now a good time to talk? You can say no."

Offer company or space; respect either answer.

3



Listen and check

"Have I understood what this has been like for you?"

Allow pauses. Let the person correct your understanding.

4



Offer a useful choice

"Would listening, practical help or other support help?"

Ask before advising or involving anyone else.

5



Agree the next contact

"Would you like me to check in on Thursday?"

Respect their answer and keep any promise you make.

When grief is present

Feelings may return unexpectedly.

There is no required sequence.

Let them choose what to share.

Keep choice with the person

Allow pauses, tears or quiet.

Ask before touch or discussing faith.

Offer help you can actually give.

Care includes boundaries

Offer community listening within your role. Respect privacy; explain when safety may require you to seek help. In immediate danger, contact local emergency services and follow local safeguarding procedures.