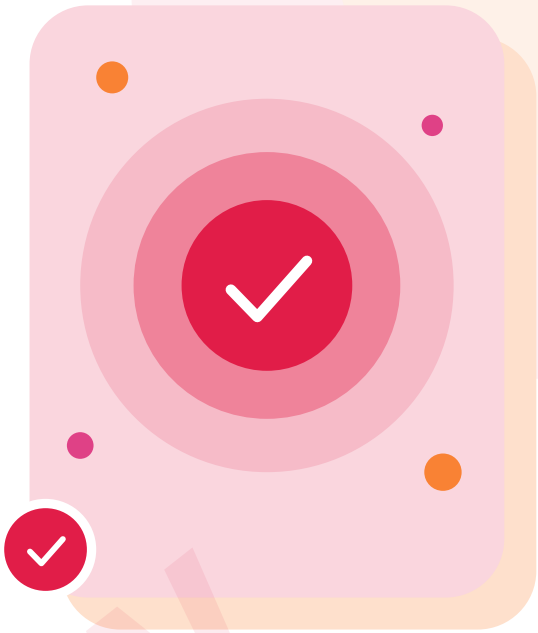
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Supporting a Friend Through Loss



Providing support during a friend's time of grief strengthens your bond and eases their burden. Use this checklist to show care and understanding.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

PREVIEW

1 **Acknowledge Their Loss**

Offer sincere condolences and recognize their grief.

EXAMPLE *"I'm so sorry for your loss—I'm here for you."*

2 **Be Present**

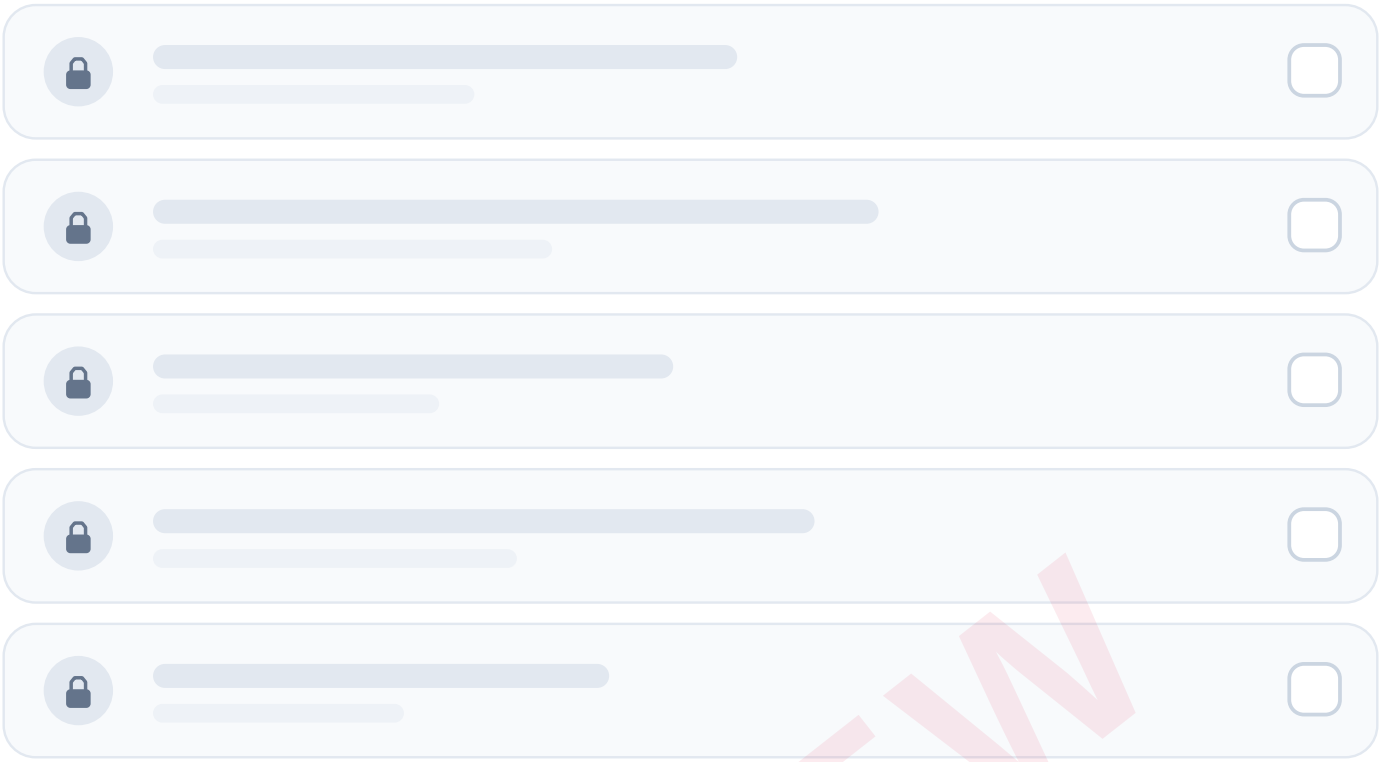
Spend time with them to provide comfort without needing words.

TIP *Simply sitting together in silence can be meaningful.*

3 **Listen Without Judging**

Let them share their feelings openly without offering unsolicited advice.

TIP *Use affirming phrases like, "I'm here to listen to whatever you need to share."*



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PREVIEW