



*Please understand...*

I've lost someone I love.

It hurts.

Now and for some time to come, I will need your support. I may be unsure about what I need at times, but you can help:

- Listen without judging or trying to fix me.
- Invite me to join activities, but know I might need to leave early or decline.
- Respect my need for solitude.
- Be patient. I'm healing, but I need to do it in my own time.
- Let me cry and ask the same questions over and over.
- Understand that holidays and anniversaries are especially difficult.
- Be okay if I respond to random things that remind me of the one I lost.
- Share good memories.
- Don't forget me or my loved one.

*Thank you.*



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