

Expressing Sympathy

DOS AND DON'TS

Decide which statements that you could do or don't in others tough situations.



What to do

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| ✓ | ✗ | A. Ignoring the person or the situation |
| ✓ | ✗ | B. Saying "something good will come from this". |
| ✓ | ✗ | C. Showing yourself up by their sides regularly. |
| ✓ | ✗ | D. Saying "I understand how you feel". |
| ✓ | ✗ | E. Offering specific help. |
| ✓ | ✗ | F. Showing yourself up buy their sides |
| ✓ | ✗ | G. Giving an advice. |
| ✓ | ✗ | H. Saying "I'm thinking about you. How are you today?" |
| ✓ | ✗ | I. Helping them solve the problems. |
| ✓ | ✗ | J. Talking about their loss one. |
| ✓ | ✗ | K. Saying "I'm praying for you." |
| ✓ | ✗ | L. Focusing on Gods, faith, or religion. |
| ✓ | ✗ | M. Saying "I'm so sorry and I want to help. |
| ✓ | ✗ | N. Finding the positive things in unfortunate situation. |
| ✓ | ✗ | O. Saying "I'm sorry." |

