



Stupid-Ass Things People Say!

Okay, brace yourself. We can surely excuse a widow's brain from being scrambled with the horrific shock of her husband's death, yet sadly grief seems to also scramble some friends' and families' minds and tongues.

Hearing, and dealing with, stupid-ass comments some friends and family members may make about your late husband's death may exact a LOT of your scant energy and patience, so buck up. I know, it's like a Ripley's Believe It or Not, right? One more thing you have to do, help your friends deal with your grief.

They almost never utter your husband's name. It's a game of "he" and "him" statements, quite often when the sweetest thing your ears could hear would be your husband's name. So, as I said last chapter, just keep saying his name, privately and also with people present.

The befuddlement that strikes your friends, family and acquaintances when they hear of your husband's death often results in their blurting out the absolute stupidest comments in the galaxy, exactly at a time when probably what you most need is a quiet calming voice, a shoulder to lean on, an embrace, an ear to hear you, or silence.

Some of the more common numbnut comments follow:

- It's all for the best.

- Don't you know CPR?
- You brought your kids here?
- If I know him, he left you well off.
- Why didn't you have an open casket?
- You're doing so well; you're strong.
- You're young, you'll remarry.
- Keep busy; time heals everything.
- God needed another angel.
- Now you can go find your soul mate.
- Only the good die young.
- Just get through the first year.
- It's good you had children with him.
- It's good you didn't have children with him.
- I know EXACTLY what you're feeling, my cat died last week.
- I know EXACTLY how you're feeling, my 99 yr. old grandma died last week.
- What was he doing on a motorcycle when you have a two yr. old?
- Don't worry, your son will become the man of the family now.
- I heard you weren't there when he died; it's best that way.
- It's okay, you can sue and get money from the other party.

Most of these comments will be heard in the receiving line at the funeral or memorial service. I don't really have many words of wisdom here, other than to do your best to keep from slapping them on the

spot. People generally DO mean well; yet it would help if they would THINK before they speak. Further witness to the fact that our society is still embryonic about comforting grieving people with honor and dignity and respect.

You will invariably have to tell your friends specifically what you need. Do speak up and allow your friends to give to you. And as you begin crying as you are speaking there's no need to say, "I'm sorry." This is another ridiculous adage in our society that people apologize for doing what's perfectly natural when grieving.

Aisle Seven in The Grocery Store

It's also possible to be assaulted with freefloating insensitivity in aisle seven of the grocery store, as a friend speeds by you with her cart-- head turned away and not even greeting you--while you stand staring at your husband's favorite cereal on the shelf.

Speaking of aisle seven, be prepared for any of your friends to scurry like young rabbits to a different aisle in the store when they spot you at the other end of the aisle. If that reduces the number of rude comments, all the better, yet seriously, you NEED connection, so it's hurtful. I'm sorry.

Might I suggest your waving at that very friend, so as to let them know that even though you're indeed grieving, you're not blind? You saw them appear, immediately express shock at seeing you, and start to turn away.

One widow client of mine, who became sick and tired of this treatment, even after six months, hollered out, "widow in aisle seven" for all to hear. She then burst out laughing as did all the people around her. I suspect no one in aisle seven that day will ever dodge a widow in the grocery store again.

Luckily most widows report that they don't really remember **what** folks said at the funeral or memorial service; they just remember that there were a lot of supportive people in attendance. Well I can only

hope you don't remember the stupid remarks, yet if you do, that you are able to forgive these lame and misguided efforts to be supportive.

Summary Takeaway:

While people do mean well, they often blurt out hurtful comments. Do your best to dismiss their stupidity and appreciate their presence as a sign of support.

This excerpt is taken from Chapter 3 "Stupid-ass Things People Say" from my Amazon best-selling book *My Husband Died, Now What? A Widow's Guide to Grief Recovery & Smart Financial Decisions* and are a few examples of things that well-meaning family and friends say when they don't know what to say, and are not widowed themselves. To purchase the book, [click here](#)

Debra L. Morrison