

Dos and Don'ts for bereaved siblings

Written by siblings for siblings

✓ DO

- ✓ **Do** take time to remember your sibling and do special things that remind you of them.

- ✓ **Do** find a way to express your feelings; it's better than bottling your emotions up.

- ✓ **Do** allow yourself time and space to grieve, as well as supporting other members of your family.

- ✓ **Do** find people who can support you.

- ✓ **Do** find people who will listen to you.

- ✓ **Do** find people who will help you escape for a moment and have fun.

- ✓ **Do** take your time with things.

- ✓ **Do** consider turning off the 'Memories' feature on social media or your phone.

- ✓ **Do** consider your motivations for doing things. Are you doing it because you feel you should, or because it might help you?

✗ DON'T

- ✗ **Don't** always keep your feelings in, just because you don't want to upset people.

- ✗ **Don't** tell yourself you should be coping better.

- ✗ **Don't** consider your grief as a sibling unimportant.

- ✗ **Don't** compare yourself to others; everyone's grief journey is unique.

- ✗ **Don't** feel guilty about your thoughts and emotions.

- ✗ **Don't** feel pressured to sort through all your sibling's belongings quickly.

- ✗ **Don't** feel obligated to keep the entire contents of your sibling's house!

- ✗ **Don't** feel you have to answer questions or talk about the details of how your sibling died.

✓ DO

- ✓ **Do** talk about your brother or sister if you want to.

- ✓ **Do** stay quiet if you want to.

- ✓ **Do** understand that others in your family will express their pain and grief in different ways. This does not mean that they loved your sibling any more or less.

- ✓ **Do** take the time to be with other family members – to talk, to listen and to just be together.

- ✓ **Do** be kind to yourself and look after yourself.

✗ DON'T

- ✗ **Don't** expect all your friends to understand how to help you. Some will, some won't.

- ✗ **Don't** feel guilty for being happy sometimes and having fun.

- ✗ **Don't** underestimate the impact this will have on your work, your relationship/marriage, your parenting.

- ✗ **Don't** feel pressured to do anything or act in a certain way.

- ✗ **Don't** be afraid to make changes in your life, if your priorities are now different.

- ✗ **Don't** be too hard on yourself; you've been through a lot.

cff.org.uk/bps
029 2081 0800
mail@cff.org.uk

A Christian initiative offering support to people of all faiths and none.
A registered charity (England and Wales: 1066905; Scotland: SC038497).
A company limited by guarantee no. 3482910. Registered in England and Wales.
Registered office: Tovey House, Cleppa Park, Newport, NP10 8BA.

