



Same mission, same people, new name!

Asking for Support During the Holidays

As the holiday season approaches, those grieving the loss of a loved one to ALS often encounter situations which feel especially challenging. To prepare, it can help to ask family members and friends for support. Below are some examples of requests for support which may reflect your feelings and needs. (Please "tailor" these and/or create your own requests to reflect your voice and needs.)

- Please acknowledge my loss. I will appreciate words to the effect of; "I am sorry you lost your loved one and I cannot imagine how hard this must be. I want you to know I am here to support you."
- Please be an active listener. Let me talk about my loved one- and my grief. Avoid giving me advice.
- Please just be with me and avoid trying to "make me feel better." Your willingness to sit with me, as I am experiencing grief, is what I need the most.
- Please validate my feelings by offering me respectful and compassionate support, a safe space to be, where I am not alone with my grief.
- Please offer practical support, such as running an errand, providing a meal, cleaning up, or going for a walk. These will make my life easier as meeting the ongoing demands of life is exceedingly difficult.
- Please be patient; help me to accept this process will take "as long as it takes." Right now, I need your gentleness, understanding, and grace. Please extend your compassion without judgement of what I need to move forward to move forward with my grief.