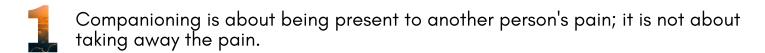
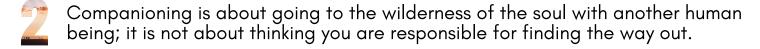
11 TENETS OF COMPANIONING THE GRIEVING

BY DR. ALAN D. WOLFELT





- Companioning is about honoring the spirit; it is not about focusing on the intellect.
- Companioning is about listening with the heart; it is not about analyzing with the head.
- Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
- Companioning is about walking alongside; it is not about leading or being led.
- Companioning means discovering the gifts of sacred silence; it does not mean filling up every moment with words.
- Companioning the bereaved is about being still; it is not about frantic movement forward.
- Companioning is about respecting disorder and confusion; it is not about imposing order and logic.
- Companioning is about learning from others; it is not about teaching them.
- Companioning is about curiosity; it is not about expertise.

