












11 TENETS OF COMPANIONING THE GRIEVING

BY DR. ALAN D. WOLFELT

-  Companioning is about being present to another person's pain; it is not about taking away the pain.
-  Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.
-  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.

