After someone dies, the weird/frustrating/awkward/ rage-inducing "did you really just say that??" comments and questions from other people can seem never-ending...and every now and then, someone says something that actually helps. Grab your red pen and cross out all the not-helpful things people have said to you (add your own, too).

"There's a reason for everything."

"He's still here with you - in your heart."

"How come you're still grieving?"

"You'll see her again someday."

"I'm sorry for your loss."

"How are you?"
{said almost in a whisper with the annoying head tilt}

"You must be so [sad] [relieved] [strong]."

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"It pisses me off when my friends ask why I'm not over it yet."