



**THE
COMPASSIONATE
FRIENDS**

**JULY and
AUGUST 2013**



Seattle-King County Chapter P.O. Box 66896 Seattle, WA 98166 206-241-1139

Life Can Be Good Again

Don Hackett, TCF, Kingston, MA
In Memory of my son, Olin

For nearly sixteen years, his voice has been silent. It is a span now nearly equal to the time it was heard. Never did I anticipate life without the sounds that marked his presence. Learning to survive that silence once seemed an impossible task, one so overwhelming I could find no hope or expectation of finding life once more.

He was our son, our only child. The tempo of his growing measured the cadence, the beat, for our own living. His passing left an existence without any value that I could immediately perceive. Ultimately, I came to recognize that I was wrong.

Life still had meaning, but it had fallen to me to find it, just as it had been in the years before his coming. Indeed, even as it had been throughout the time of his living, life still demanded my active participation, my own commitment to give it purpose and resolve.

Hindsight affords an ease in stating this realization that did not exist while struggling in the depths of bereavement. The steps taken to finally seize life again seem logical and ordered while intellectualizing the process but I know that this is much easier to write than it is to experience.

I confess, with both sorrow and gladness, that I can no longer summon the full measure of those savage feelings and the unremitting pain that engulfed me in those early years. Working through them was the most demanding challenge of my life, enacting tolls in physical health perhaps even greater than the long term effects on mind and emotion.

Today, however, I can reflect with gratitude upon a decade of mastery over the sadness. Control of my thoughts returned to me and I know freedom from the utter devastation of those early years.

Looking back reveals essential turning points on the road to healing. Some would seem to generalize easily for anyone. Others seem to respond to personal strengths and weaknesses more particular to an individual.

These points included:

- Self forgiveness for the many deficiencies found within on the endless soul journey that is our lot in the wake of our child's death.
- Forgiveness of others, relatives, friends and associates, who are less affected than are we, who seem unable to help us in our time of deep trouble and need.
- The accepting, at last, the finality of our loss, and that we must gradually unleash ourselves from our former lives and structure anew.
- Learn to communicate value to spouses, friends, and surviving siblings, our love for whom seems shrouded behind the totality of our grief.
- Find ways to give expression to our need to somehow memorialize our child, be it through writing a book, planning trees, sustaining scholarships, or any number of ways. Our need to preserve and safeguard our child's memory is real and deserving of our attention.
- A time comes for many to find new homes, jobs, and purpose. These are often part and parcel of any significant change in our lives.
- Surrender to time, giving ourselves space within it to do our work. Use time to foster healing within, to enable us to grasp today and tomorrow with hope.

No recovery will return us to life as we knew it while our child lived. That life is forever gone and, to a certain extent, we may well have to accept that, as we perceive life today. The finest days of our lives may well be a part of our past. Somehow, we must recognize that this is not unique to surviving our child's death, but is often a portion of the human condition.

Olin is dead. As much as I would wish it otherwise, it will never be. He is not forgotten. His voice, his laughter, his joy, and his shortcomings live on in me.

No day passes without thinking about him. I am grateful for his touch upon my life. Yet, joy is again mine. Pleasure is no longer a forbidden or guilt producing element in daily living. I live, gladly and with purpose, with Olin both behind me in time, but with me internally.

Is this not our goal, to heal, to find strength to love both yesterday and today? Our children have been the richest part of our lives and today should reflect the grace of that love in all that we are today.

Reprinted with permission from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends.



The Compassionate Friends

Seattle-King County Chapter



The Compassionate Friends (TCF) is a *non-profit mutual assistance, self-help* organization offering *friendship, understanding, and hope* to bereaved parents and families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings provide an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, but to support bereaved parents, grandparents and adult siblings in the positive resolution of the grief feelings and issues that revolve around the death of their loved one and support their efforts to achieve physical and emotional health.

TO OUR NEW MEMBERS

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not TCF will work for you. At the next meeting you may find just the right person or just the right words that will help you in your grief work. Try to attend three times before deciding if TCF is right for you.

TO OUR MEMBERS WHO ARE FURTHER DOWN THE "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF 'veterans' to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

INFORMATION REGARDING OUR MEETINGS

PLEASE come to a meeting. We are here to discuss whatever is on your mind. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group, but it is not a requirement. Coming to listen to the other members is okay, too. Our meetings are open to parents, grandparents, adult siblings, or other adult family members.

WE NEED YOUR HELP

This group belongs to you and cannot survive without assistance. Areas of help needed are refreshments, setting up before a meeting, being a phone friend for those who may be having a particularly difficult day, help with the newsletter, send thank-you notes, become a facilitator, volunteer to help with Chapter activities or serve on the steering committee.

Part of getting better, is being there to assist others, too, through this journey.

If you'd like to help, please contact us.

Chapter Co-Leaders: Mike McLeod: 206-369-7366 and Marge Tomlinson: tcfmarge@aol.com



KEEPING IN TOUCH



Seattle-King County Chapter **Phone: 206-241-1139** (TCF Line)

Seattle-King County Chapter **Mailing Address: P. O. Box 66896 Seattle, WA 98166-0896**

Seattle-King County Chapter **Website: www.tcfseattle.org**

Seattle-King County Chapter **Facebook: The Compassionate Friends, Seattle King County Chapter**

Phone Support: Having a rough moment? Need someone to talk to? Call Robyn at 360-259-8006 ♥

Western Washington Regional Coordinator: Jacqueline Russell 360-457-7395

TCF National Office Phone: 877-969-0010

TCF National Mailing Address: P. O. Box 3696 Oak Brook, IL 60522-3696

TCF National Website: www.compassionatefriends.org (website has link to Facebook)

♥ **TCF Online Support** - Please visit the National website to get the session schedule for the following groups:

♥ Parents/Grandparents/Siblings

♥ No Surviving Children

♥ Bereaved Less than Two Years

♥ Pregnancy / Infant Loss

♥ Survivors of Suicide

♥ Bereaved More than Two Years

TCF National Magazine 'We Need Not Walk Alone' Available Free Online!

To sign up for a free electronic version of TCF's **We Need Not Walk Alone** magazine, go to TCF's national website at www.compassionatefriends.org and click on "Sign up for National Publications" at the top of the Home (or any inside) page. Fill out the information and when each issue of the magazine is published, the National Office will send you a special link so you can be among the first to read its great content. It can be read online or downloaded to your computer for personal use. When you sign up for *We Need Not Walk Alone*, you also have the opportunity to sign up to receive the monthly national e-newsletter which provides information about what is currently happening within the organization.



Our Chapter's Sharing Group Location:

FEDERAL WAY

~2nd Wednesday evening of each month~

Our 2013 Meetings:

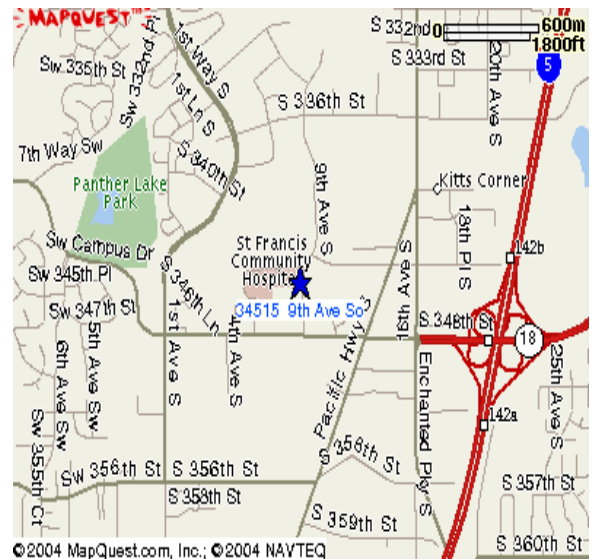
**July 10, August 14, September 11, October 9,
November 13, December 11**

6:30pm – 8:30pm

St. Francis Hospital
34515 9th Ave. So.

Federal Way, WA 98003

Ask at the information desk in the main lobby for directions to the meeting room.



Books on Grief Available

We have quite a large selection of grief books at our monthly meetings. We invite you to look over the books from our library. We hope you can find something that may help you and your family. If you have a book you would like to donate and share with other bereaved parents, please bring it with you to the meeting.

Birthday Table



In the month of your child's birthday, a Birthday Table is provided where you can share photos, mementos, your child's favorite snack, a birthday cake, a bouquet of flowers – anything you'd like to bring to share. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your child's birth and for us to become better acquainted.



Seasons

Renee Little TCF, Fort Collins, CO

The change of seasons is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out - because crawl out we must - on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don't, we stay stuck at the point our world changed. I used to say "ended."

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again - and each day brings us closer. We must learn to live again, love again, feel joy and peace again - or our survival will be without value to ourselves or others.



Why A Butterfly?

Marge Tomlinson, TCF, Seattle-King County, WA



A few weeks ago I was asked why the butterfly was used so much in TCF. I didn't hesitate to give her MY answer. I had heard that the butterfly represents our children, but I have my own interpretation. The butterfly's metamorphosis is a symbol of who I was, what I went through and who I've become because of Greg's death.

I don't like that my son, Greg, died. But I do like the person I've become because of it. The 'Marge' before Greg's death was the caterpillar. I had a purpose in life and lived life as I felt I needed to. Then Greg died and I was inside a dark confinement that I desperately wanted to be released from. I wanted to go back to the familiar. But just as the butterfly has to bide its time in its chrysalis, I had to work through the dark time of grieving and sorting through the broken pieces of my life. As I slowly emerged from that darkness of mourning I knew there was no going back to what once was and there was still more grief work ahead.

The new 'Marge' didn't happen rapidly, just as a butterfly isn't released instantly from its confinement. It takes time for the butterfly to release itself from the chrysalis, to stretch its legs, to spread out its wings and gain the strength to fly.

Because of my grief journey, I relate to the butterfly and its life cycle. I like who I am now and because of the painful journey, I feel I am more vibrant and more alive because of it. I learned that happiness did return to my shattered life and I want others to know that their life, too, can once again be meaningful and happy.

Ask Dr. Paulson

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her Q & A column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.

Q: My 8 year-old sister died almost 8 years ago. I think that I have worked through my grief quite well, but I still can't stop thinking about her. Her birthday is coming up shortly and I feel the need to celebrate it just as if she were with us. I'd like to have a party, cake and candles. My parents have never suggested anything like this before, so I don't know what their feelings would be. It's just that I want to do something to show that she has not been forgotten. Should I suggest this to my parents or forget the whole thing?

A: *Celebrating your sister—her life, your relationship, the terrific person she was—sounds like a great idea. It's difficult to let her birthday go unnoticed. It might be a good idea to talk to the rest of your family and ask them how (and when) they might want to celebrate. We celebrate my brother's birthday every year by having RTTFG Day on that day--Refuse to Take For Granted Day. This is a day we not only celebrate him, but also each other. We take this day to remind each other how special we think they are and how much we love each other. We give each other gifts that are especially meaningful - favorite books, favorite activities, wishes, etc. I whole-heartedly recommend choosing a special day to remember her and celebrate her!*

Q. My brother died in an accident before Thanksgiving and now I don't know what to do about my wedding which was planned for this summer. Even though I'm not thinking too clearly, I finally decided I want to go ahead with my wedding because I think my brother would approve. My parents have made it clear they think I should wait. They say it's too soon and would be too difficult on the family and my brother's fiancée, who is my best friend and was to be my Maid of Honor. Am I being selfish in wanting to go ahead with my wedding at this point? Should I ask my best friend if she still wants to be my Maid of Honor? Also, can you give me some ideas how I could include the memory of my brother during the ceremony?

A. *Since you were engaged before your brother's death, it sounds like a good idea to continue with your wedding plans. Right now you need all of the support you can get, and confirming your decision to marry sounds like a good idea if your fiancé is supportive through your grief. However, birthdays, holidays, the anniversary of your brother's death, and major life events are usually difficult. They are family events that only seem to magnify the fact that a family member is missing. Also, weddings take a lot of planning, and your family may be unable to assist you with those plans. So it will be important that you have others who are willing to jump in and help. Your best friend may also initially be unable to help and participate, but a few months from now she may want to be involved—and it may be very healing to her. I would not put any pressure on her right now, though—you really don't need to decide who is to be your Maid of Honor until the last second. She may eventually want to assist you with your plans as a way of including your brother, or remembering your brother.*

There are many ways I have heard that siblings have included their brothers or sisters in their weddings. These include: playing a special song; printing a poem or picture in the wedding programs; noting in the program their sibling—"On our special day we want to fondly remember our loved and cherished brother _____ who is unable to be with us today, but would have loved to celebrate in our joy with us"; noting that special flowers or an arrangement is in their memory; or lighting a special candle. I think finding a special way to include him would be a terrific way to ease the pain of his absence and to pay tribute to the special bond you shared.

Just remember that mingled with the joy of your union will be the sorrow of his absence. But try to celebrate on this joyous occasion his life and his gifts to you and your family of memories, love, acceptance, and caring.

Reprinted from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends. Copyright 1999.

I Will Love You

Daniel Haughian, TCF, Memphis, TN

As long as I can dream
As long as I can think
As long as I have memory
I will love you.

As long as I have a heart to feel,
A soul stirring within me
An imagination to hold you,
I will love you.

As long as there is time,
As long as there is love
As long as I have breath to speak your name
I will love you.

Because I love you more than anything
In all the world.

"Time heals a broken heart, but people heal a broken spirit."

TCF is not just about death, but about life. About ways to go on living for the other people in our lives ... spouses, children, relatives, and mostly for ourselves. It is such a relief to be able to talk and laugh about children with people who truly understand.

The Mission of The Compassionate Friends

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Grief and Loss

Understanding Grief and Loss

Loss is any situation in your life in which something or someone of value is taken away or changed. Losses can range from minor to major, according to your perception of what is lost. When you experience a loss, you feel like your world has collapsed.

Grief is not something that happens to you. Loss is what happens to you. Grief is the process you engage in as a response to a loss. Grief is the work you do to regain balance and to recover a sense of joy in life.

The Phases of Grief and Loss

Recognize the phases of grief and loss. Each person's grief is unique. Sometimes you may experience only a few reactions in no particular sequence. Often you can move from one stage to another and then return to old feelings that you thought had long disappeared.

The following descriptions should assure you that your reactions are normal and also give you some insight into the feelings of others who may be suffering from a loss.

The Immediate Impact...

- Grief is an emotional response to a significant loss and can be difficult to describe. To experience grief is to acknowledge that you are human.
- You will often first feel numbness, denial, disbelief, and shock. You may have the sense that this didn't happen or couldn't have happened.
- To experience grief is to acknowledge that you had a connection with someone or something, and now that person or thing has changed or is gone.
- It is a high compliment to any relationship or experience that you miss it enough to feel emotional and shed a tear. Tears are not a sign of weakness, but an indication of how special the relationship or experience was.

The Aftershocks

As you begin to accept the loss, both intellectually and emotionally, the second phase begins; this period can involve both deep physical and emotional pain. You may become bewildered by the avalanche of emotions.

~Confusion ~Shock ~Anxiety ~ Anger ~ Guilt ~Depression

You may also experience physical changes, including some of the following:

*~ Absent-mindedness ~ Crying ~ Numbness ~
~ Fatigue ~ Restlessness ~ Appetite disorders ~
~ Sleep disruptions ~ Physical symptoms ~*

What is most important is that you realize that you are unique and your response will not be the same as any one else's.

Surrender and Letting Go

During this phase, various emotions may persist but to a far lesser degree than during the "aftershocks" phase. The "surrender and letting go" phase tends to be a time for reflection and growth. At this time, you might review the lost relationship memories, or thoughts and feelings about the past.

An important part of this phase is coming to terms with the reality that a loved one is gone, or a significant change has occurred or you have lost something of great significance. While your intense pain tends to subside, the sense of loss and loneliness may persist — sometimes for a year or longer.

Friends and family may try to get you to focus on the present or the future now, but taking time to remember what you've lost is an essential part of letting it go and moving on.

Moving On

Grief involves survival. After a loss, you may wonder how you are going to manage. The word survival actually derives from two Latin words: "vivo," live, and "sur," beyond. To survive means to find the capacity to "live beyond" the experience of the loss. As you move on, life begins to return to normal. Sadness may come only at rare moments and your memories will become more pleasant.

Self Care

The following suggestions were written to help you take care of yourself following a death, but apply to any kind of loss you might be experiencing.

- **Listen to your body:** If you need to cry, then cry. If you need to sleep, then do so. If you need to talk to someone, seek out someone who will listen. If you need to reminisce, then take the time. It is important for the grieving process that you go with the flow.
- **Lower expectations for yourself:** You can't expect yourself to run at full capacity for some time. Give yourself a break and don't expect yourself to perform as well as you did prior to your loss. Educate others that it will take some time before your performance is back to normal.
- **Let others know what you need from them:** Don't expect others to know what you need. Communicate to family and friends how they can support you.

Grief and Loss ~ continued from previous page ~

- **If you need counseling, do get it:** Get all the support you need. There are many bereavement support groups as well as counselors or spiritual advisors who specialize in bereavement counseling. Don't hesitate to contact a medical and or mental health specialist if you have feelings of hopelessness or suicidal thoughts.

- **Take the time to do the things you need to do for yourself:** When you feel up to it, engage in activities to which you feel drawn. It could be visiting a place you haven't been to in awhile, walks in nature, reading, etc.

- **Pamper yourself:** Treat yourself well. Without breaking your budget, do things for yourself that are helpful like walks, being with people who are nurturing to you, and inexpensive activities.

- **Keep a journal:** Writing down your thoughts and feelings can help you to validate and work through your grief.

- **Get physical exercise:** If you exercised prior to your loss, try to maintain the same routine. If you did not exercise prior to your loss visit your doctor before embarking on a physical exercise routine. Physical exercise can improve the way you feel.

- **Obtain a proper diet and sleep:** Maintaining a healthy diet and getting proper sleep is essential for functioning as well as you can. If you are having difficulty with either, visit your doctor.

- **Be aware of others' reactions:** Many people do not know how to react appropriately to your grief. Some are more comfortable than others in responding to your situation. Be aware that people have different ideas not only about death, but also about how bereaved individuals should react. Be true to yourself and let others know if they say something inappropriate.

This article was borrowed from

<http://blink.ucsd.edu/HR/services/support/grief/say.html>

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life - a way to cling to every fleeting, precious moment of joy.

~ Cortney Davis, Nurse Practitioner

Accepting the Unacceptable

"I will never be able to accept the death of my child." Does that sound familiar? Have you said that? Not surprising. That is one, if not the most, difficult thing we have to do to get to the other side of the long dark tunnel of grief.

What does "accept" mean? One parent told me he would never accept his daughter's death, because he said "accept" means to "agree, approve, to consent to." Obviously, in that context no one in their right mind would "accept" their child's death. But there are other meanings to "accept": "believe to be true," "acknowledge." We do not like the sound of those words either, but at some point, accept them, in order to get on with our lives.

By stating we will not accept it, what is accomplished? ... Will it make it not true? If only it were that simple. Then I would be 100% in favor of denial. But it doesn't work that way. There are some things that cannot be changed, no matter how hard we may want them to be.

One example: My husband had a heart attack a little more than a year after Eric's death. He vehemently denied he had had a heart attack. ... He continued on with his HEAVY smoking. Then came his stroke. He is now badly paralyzed on his left side. He cannot deny his stroke. And he cannot go back, and accept his heart attack, change his way of living and perhaps avert the stroke. So what did his denial accomplish? It made things worse.

So it is with us. Denial won't work. At some point in time, we know it has happened. I realized for myself, it was when I could say "Eric died." I could say the word "dead." It took quite a long time. I could say "I lost a son" but not "he died." One day it just came out. It actually shocked and upset me. But afterwards, looking back, I realized that was a big step for me. Not a happy one, but it was one of my turning points.

All of the "stages" of grief that we go through are hard. There is nothing easy about it. As Darcie Sims said..."grief hurts." That almost seems like too mild a statement. The feeling is impossible to put in words. It's devastating!!

"Grief work" takes time and effort. I wish there was an easier way for all of you. I can only give you the hope and encouragement that you, too, can make it. Be kind to and patient with yourself. God Bless!

Mary Ehmann, TCF, Valley Forge, PA
In Memory of my son Eric

IS IT EASING?

Phoebe C. Redman, TCF, Bradenton, FL

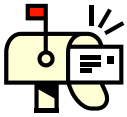
I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away. ♥

♥ **TCF asks for donations in memory of our children who have died.** ♥

Our chapter is funded solely through donations; therefore we sincerely appreciate your support. Your generosity helps us send newsletters, purchase brochures and cover the many expenses to help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in the next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. ♥ **Please help us help others by making a LOVE GIFT today.** ♥



Love Gift Form

Love gifts are **tax-deductible donations** made to the Seattle-King County Chapter of TCF in memory of your beloved child, sibling, grandchild or loved one.



Send checks and forms to: Seattle-King County TCF
Love Gifts
P.O. Box 66896
Seattle, WA 98166-0896

Your name: _____

Address: _____ City _____ State _____ Zip _____

Phone Number (if we have any questions): _____

Amount Enclosed: _____

In memory of (name of child): _____

Date of Birth: _____

Date of Death: _____

Special Message: _____

Send checks and forms to: Seattle-King County TCF
Love Gifts
P.O. Box 66896
Seattle, WA 98166-0896



With Love, We Remember Them...



In Memory of ...
JON
June 1977 – May 2008
"Forever in my heart. Love, Mom."
From Rosemary Cavin

♥ *Thank you to all who make donations to Seattle-King County TCF through United Way and to those who use their workplace Matching Gift programs!* ♥

In Memory of ...
NOAH
June 2008
PEYTON
June 2008
From Jason and Karissa Jervis
and
Grandma and Grandpa Jervis

In Memory of ...
AMBER
From Kevin Williams and family

In Memory of ...
MATTHEW
July 1958 – August 1987
MONTEY
March 1960 – January 2004
"In memory of my sons."
From Judith Hitchcock



TIME is the passing of moments lived one at a time. Our recovery depends on what we do with each moment. We cannot sit back and say, "TIME will heal me." TIME is merely the movement of the clock. Our successful return to comfortable living is what we do while the clock is moving. We have to look at the beauty left us in life instead of what we no longer have. We must find reasons to go on.

~ Margaret Gerner, TCF, St. Louis, MO



July & August 2013

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Brim Press
206-433-8811

In an effort to be good stewards of our resources, we want to send the newsletter to only those who want it. **If you wish to discontinue the newsletter**, please email tcfmarge@aol.com or leave a message at 206-241-1139 or mail the address label to us.



Grief and Loss: What to Say to Those Who Are Grieving

from UC San Diego website: <http://blink.ucsd.edu/HR/services/support/grief/say.html>

Here are some suggestions on what to say to people who are experiencing a loss.

Helpful phrases

The following is a partial list of helpful phrases:

- I'm sorry.
- I'm sad for you.
- How are you doing with all of this?
- I don't know why it happened.
- What can I do for you?
- What's the hardest part for you?
- I'll call you tomorrow.

When words won't come — listen!

How to listen

- Before you call a person who is experiencing a loss make sure you have enough time to listen.
- The person you are talking with should do almost all of the talking.
- Don't interrupt.
- Allow silence to be part of your conversation. Sometimes the person may cry or have no words. Either be quiet or assure the person that he or she can take the time needed before continuing.

A person who is hurting is often isolated because we are afraid of doing or saying the wrong thing. If your intentions are from the heart and you say the "wrong thing," more likely than not, the person will only remember that you cared and you were there.