

# ELEVEN TENETS OF COMPANIONING THE BEREAVED

by Dr. Alan Wolfelt

- ◆ COMPANIONING is about being present with 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 struggle of others; it is not about judging or directing those 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 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.

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