



AFTER THE FLOWERS

12 Texts to Send Someone Who Is Grieving

When You Don't Know What to Say

A gentle guide for the person who wants to keep showing up after loss.

You do not need perfect words. Sometimes the most meaningful message is the one that simply says:

I remember. I care. I am still here.

www.aftertheflowers.org



A gentle place to begin

When someone you love is grieving, it can be hard to know what to say.

You may worry about saying the wrong thing. You may wonder if reaching out will make them sad. You may feel like too much time has passed. You may not know whether to mention the person they lost.

But silence can feel lonely.

You do not need perfect words. You do not need to fix anything. You do not need to make grief easier.

This guide gives you simple texts you can send when you want to care, but do not know where to begin.

1. When you do not know what to say

I don't have the right words, but I wanted you to know I'm thinking of you today. You don't have to respond. I just wanted you to know you're not forgotten.

Why it helps: This takes the pressure off both of you. It does not ask them to comfort you or respond. It simply reminds them they are being held in someone's thoughts.

2. A few weeks after the funeral

I know a lot of people check in at the beginning, but I also know grief does not end there. I'm thinking of you today and wanted to remind you that I still care.

Why it helps: Many grieving people feel the silence grow louder after the services are over. This message acknowledges that without making them explain it.

3. When you want to mention their loved one

I was thinking about [Name] today. I know nothing makes this easier, but I wanted to say their name and let you know they are not forgotten.

Why it helps: Many people avoid mentioning the person who died because they are afraid of causing pain. But for many grieving people, hearing their loved one's name can feel deeply meaningful.



4. When you remember something specific

I remembered something about [Name] today - [specific memory]. I just wanted to share it with you. Their life still echoes in people's hearts.

Why it helps: Specific memories are gifts. They remind the grieving person that their loved one's life mattered to others too.

5. On an ordinary day

No special reason for this message. I just wanted you to know I'm thinking of you and sending love today.

Why it helps: Grief does not only hurt on holidays and anniversaries. Ordinary days can be heavy too. A message "for no special reason" can mean more than you realize.

6. When you want to offer help

I know "let me know if you need anything" can be hard to answer. Could I bring dinner, run an errand, or sit with you for a little while this week?

Why it helps: Specific offers are easier to receive than broad ones. This gives them options without making them figure out what they need.

7. When they have not responded

Please don't feel any pressure to reply. I know answering messages can take more energy than people realize. I just wanted you to know I'm still here.

Why it helps: Grief can make even simple communication feel exhausting. This message gives care without creating obligation.



8. Before a hard date

I know this week may carry a lot. I'm thinking of you as [birthday/anniversary/holiday] approaches. I'm here if you want company, quiet, or just someone who remembers.

Why it helps: Anticipation can be just as painful as the day itself. Remembering the date before it arrives shows deep care.

9. On a birthday, anniversary, or holiday

I know today may feel tender in ways other people may not see. I'm remembering [Name] with you today and sending you so much love.

Why it helps: This message does not try to make the day better. It simply honors the weight of it.

10. Months later

I know time keeps moving, but that does not mean your grief has disappeared. I'm still thinking of you, still remembering [Name], and still here.

Why it helps: Many grieving people feel forgotten as time passes. This message says, "I know this still matters."

11. When they seem okay

You may have moments where you look okay from the outside, but I know that does not mean this is easy. I'm thinking of you and holding space for whatever today feels like.

Why it helps: People often assume someone is "doing better" because they are functioning. This message recognizes that grief can be carried quietly.



12. When you simply want to say, “I love you”

I love you. I'm so sorry you have to carry this. You are not alone today.

Why it helps: Simple words can still be powerful when they are honest, gentle, and not trying to explain the pain away.

A few things to avoid saying

Even when people mean well, some phrases can feel dismissive to someone grieving.

Try to avoid:

- Everything happens for a reason.
- They're in a better place.
- At least they lived a good life.
- God needed another angel.
- You have to stay strong.
- Time heals all wounds.
- You'll move on eventually.
- Let me know if you need anything.

Instead, try:

- I'm here.
- I remember.
- I'm thinking of you.
- You don't have to respond.
- I don't want you to feel forgotten.
- I'm still holding you close.
- I would love to help in a specific way.

A gentle reminder

You do not have to wait until you know exactly what to say.

You can send the message. You can say their loved one's name. You can remember the hard dates. You can keep showing up after the flowers have faded.



Grief does not need perfect words. It needs presence.

About After the Flowers

After the Flowers was created for the quiet days after loss - the weeks and months when support often fades, but grief remains.

We are building gentle grief-support mail for people who want to keep showing up for someone they love, even when they do not know what to say.

For the days no one sees.

Join the early list: www.aftertheflowers.org

