- 11. Look for ways to promote positive feelings in the present and hope for the future; don't feel discouraged by the natural sadness that infuses these feelings.
- 12. Show respect for your friend's need for independence and solitude while making clear your strong commitment to being available and responsive.
- 13. Make it clear you are interested in staying in touch for the long haul; make it clear that you know there are certain days of the year that are especially hard and that you want to help with those.
- 14. Try to be aware of your own feelings about what you want from your bereaved friend that she can't give or do right now; don't try to push these feelings away; do try to find other ways to get your own needs met.