

# “Companioning the Bereaved”

*by Alan D. Wolfelt, Ph.D.*

Companioning is about honoring the spirit; it is not about focusing on intellect.

Companioning is about curiosity; it is not about expertise.

Companioning is about learning from others; it is not about teaching.

Companioning is about walking alongside; it is not about leading or being led.

Companioning is about being still; it is not about frantic movement forward.

Companioning is about discovering the gifts of sacred silence; it is not about filling every painful moment with talk.

Companioning is about listening with the heart; it is not about analyzing with the head.

Companioning is about bearing witness to the struggles of others; it is not about judging or directing those struggles.

Companioning is about being present to another person's pain; it is not about taking away or relieving the pain.

Companioning is about respecting disorder and confusion; it is not about imposing order and logic.

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.

