



## Eleven Tenets of Companioning the Bereaved

By: Dr. Alan D. Wolfelt

**Tenet One:** Companioning is about being present to another person's pain; it is not about taking away the pain.

**Tenet Two:** 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.

**Tenet Three:** Companioning is about honoring the spirit; it is not about focusing on the intellect.

**Tenet Four:** Companioning is about listening with the heart; it is not about analyzing with the head.

**Tenet Five:** Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.

**Tenet Six:** Companioning is about walking alongside; it is not about leading or being led.

**Tenet Seven:** Companioning the bereaved means discovering the gifts of sacred silence; it does not mean filling up every moment with words.

**Tenet Eight:** Companioning the bereaved is about being still; it is not about frantic movement forward.

**Tenet Nine:** Companioning is about respecting disorder and confusion; it is not about imposing order and logic.

**Tenet Ten:** Companioning is about learning from others; it is not about teaching them.

**Tenet Eleven:** Companioning is about curiosity; it is not about expertise.

\*\*\*More details related to each tenet listed above is printed in *"The Handbook for Companioning the Mourner: Eleven Essential Principles"* by Dr. Alan D. Wolfelt Ph.D. This book can be purchased online at [www.centerforloss.com](http://www.centerforloss.com) or by calling the Center for Loss and Life Transition at 970-226-6050.