

Grief House /
Dom Ukojenia /
Дім Полегшення

Meeting Guidelines

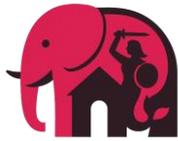
so that everyone can feel safe and comfortable

Basic guidelines:

- 1. Confidentiality:** What is shared in the group stays in the group. You're welcome to talk about the meeting and your own impressions, but please don't share other people's personal stories.
- 2. Being present:** During the meeting, we silence our phones and try not to use them unless necessary.
- 3. Punctuality:** Whenever possible, we arrive on time.

Speaking:

- 1. We give each other time:** Death is a difficult topic. Everyone needs a different amount of time to find the right words — especially if they don't talk about it often. We don't rush or interrupt, even if we feel like saying, "I feel the same".
- 2. Voluntary sharing:** Sometimes something feels too difficult to talk about. That's okay. You decide whether you want to speak — and how much you want to share.
- 3. Speaking from "I":** We speak from our own experience. We share what we feel and what we have lived through. We try to avoid general statements like "everyone" or "all people" ("For me it was difficult...", "I felt...").
- 4. No advice:** We don't give advice unless someone clearly asks for it.



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- 5. No generalizing or minimizing:** We avoid comments like “Many people died during the pandemic” or “You’re not the only one who lost someone,” or “She was old anyway.” Such comments don’t help anyone.

Listening:

- 1. No judgment, no comparison:** We don’t judge ourselves or others. We don’t compare losses. Every relationship is unique. There is no hierarchy of suffering — your loss is the hardest for you.
- 2. Respect for differences:** We accept that we may see things differently. We may have different beliefs, values, or worldviews — including religious ones. We don’t try to convince or change one another. We respect that each person’s experience is their own.
- 3. “I feel the same” signal:** If you want to show the speaker that you relate to what they’re saying — without interrupting — you can gently wave your hand at heart level.

Other:

- 1. All emotions are welcome and valid:** In grief, there are no “wrong” or “shameful” feelings.
- 2. Silence is natural:** Silence is a normal part of the meeting. If it feels uncomfortable for you today, let the facilitator know.
- 3. We use first names:** We address each other by our first names.