



# Tenets of Companioning the Bereaved



Alan D. Wolfelt, Ph.D., C.T., [www.centerforloss.com](http://www.centerforloss.com)

One

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

Two

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.

Three

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

Four

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

Five

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

Six

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

Seven

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

Eight

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

Nine

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

Ten

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

Eleven

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