



HOW TO BE AN ALLY

IF SOMEONE SAYS THEY ARE ESTRANGED

TO LEARN MORE, VISIT [TOGETHERESTRANGED.ORG](https://togetherestranged.org)

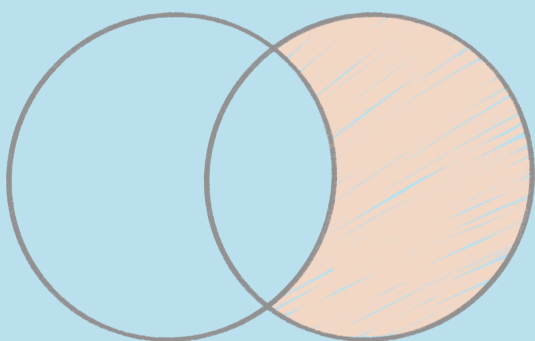


1) BELIEVE THEM

Like other serious and traumatic situations, blaming or shaming the person who is speaking up about this is only going to push them away and make them feel unsafe with you.

2) OFFER WORDS OF SUPPORT

"I'm here for you", "I'm so sorry this happened", "That sounds like a lot to go through", and "What can I do for you" are great responses.

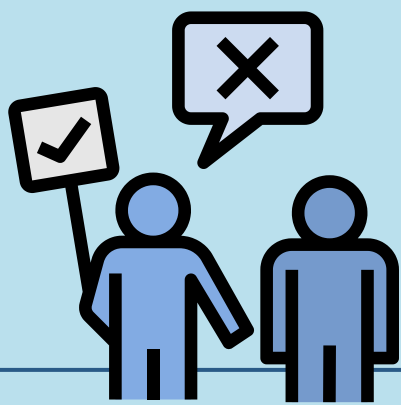
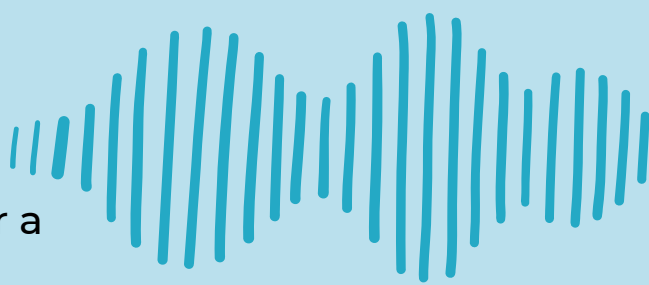


3) ACKNOWLEDGE DIFFERENCES

Recognize that not all families are the same, and even if you have great family relationships that's not always true for everybody.

4) JUST LISTEN

It takes a lot of courage to talk about family issues. Be a lending ear and offer a hug if they need it.



5) DON'T ASSUME

Not everybody wants to be invited to holiday dinners, to have another "Mom", etc. Check in to see what they need.

6) ASK GOOD QUESTIONS

"What do you need right now?", "How have you been feeling?", "Are you okay?" show that you're concerned in the best way.



7) AVOID GENERALIZING

"I'm sure they didn't mean it", "But they're your family...", "Everyone needs a [brother, father, etc.]" are hurtful.

8) DON'T TRY TO SOLVE IT

Your loved one is the only one who knows what they need, so it's best not to provide advice. Instead, recommend they see a therapist to talk through these situations.

