

SHIVA ETIQUETTE

- **Silence your phone and put it away.**
- **Enter quietly and respectfully. Avoid conversations with people entering or leaving the home.**
- **Allow the mourner to speak first. Follow their lead.**
- **Do not be afraid of silence. Your quiet presence alone can bring comfort.**
- **Focus on the mourner and their needs, not on socializing with other visitors.**
- **Keep conversations centered on the deceased. Share meaningful memories, stories, or impressions. If you did not know the person, gentle questions about their life are often appreciated.**
- **Avoid comments that minimize the loss, especially statements beginning with “At least...”**
- **Even well-intended words can be painful.**
- **Do not discuss medical details, treatments, or what “could have been done.”**
- **Avoid shifting the conversation to your own losses, illnesses, or personal struggles.**
- **Visit during the appropriate posted shiva hours. Avoid mealtimes, very early mornings, or late evenings.**
- **Keep visits meaningful but not overly long.**
- **If the room is crowded, be mindful of those waiting to pay their respects and keep your visit brief.**

Just before leaving it is customary to recite a blessing of comfort to the mourners. The words are typically posted in the shiva room.

The greatest gift we can offer a mourner is our presence and sensitivity.