



Unintended Curses:

13 Probably Forbidden Lines* from the World of Bikkur Holim

Re-Gathered and Updated Spring 2003/5763© by Rabbi Simkha Y. Weintraub, LCSW

1. “Everything will be OK.”
2. “Time will heal.”
3. “It could be worse. Imagine if...”
4. “You should just accept what’s happened. It happened, and that’s it.”
5. “You are not your body. You are not your disease.”
6. “God only gives us what we can handle.” (Or, “God gives the healing before the plague.”)
7. “You’ve always been so strong – I know you’ll make it through this one.”
8. “Just try to relax. Try not to get upset.”
9. “Maybe you should go away...take a vacation....”
10. “Think about all that this experience can teach you.”
11. “I know just how you feel.” (or, “I feel your pain”)
12. “When I had *my* (illness/operation/condition/etc.), I _____.”
13. (Over-advicing Advice:) “Eat this.” “Read that.” “Sleep this way.” “Do this, don’t do that....”

** These may be true, factual, and even based on real life experience, but consider whether or not they are sensitive, helpful, comforting, reassuring, etc. to the one who is suffering, at this particular juncture/moment in their odyssey. Some may even be goals/directions that we want people to reach, but simply “pushing” them with these statements may result in exacerbating their loneliness, sense of loss, alienation, rage....*