



Consoling a Friend (Adv.)

About this lesson

In this lesson, you'll learn how to:

- Talk to a friend to find out if something's wrong
- Offer consolation to a friend in need
- Discuss the topic of death appropriately in the U.S.

You will also learn about the culture of mourning in the United States, including formal rituals and common practices used to console grieving loved ones.

You sound upset

You sound upset, is **something wrong**?

به نظر ناراحتی ، اتفاقی افتاده ؟

Tell me **what's the matter**.

به من بگو چه مسئله ای پیش ا آمده؟

I know **something's wrong**, just tell me **what's going on**.

می دونم یه اتفاقی افتاده، به من بگو چی شده ؟

A shoulder to cry on

Do you want me to **come over**?

می خوای بیام پیشت؟

Let me know if you need **a shoulder to cry on**.

اگر شونه ای میخواهی سرت را بگذاری برای گریه و درد دل به من بگو .

If you want to talk about it, **I'm here**.

اگر بخوای راجع بهش حرف بزنی، من هستم .

Just know that **I'm here for you**.

بدون که من برای تو اینجا هستم فقط .

My grandmother's sick

I just found out that my grandmother has **cancer**.

تازه فهمیدم که مادربزرگم سرطان داره .

The doctors said she only has a few months left.

دکترها گفتند چند ماهی بیشتر زنده نیست .

I'm so sorry, that's **terrible**.

خیلی متاسفم، چه وحشتناک .

Is there **anything I can do** to help your family?

چیزی هست که من بتوانم برای خانواده ات انجام بدم؟

I'll do **anything I can** to help, just **let me know**.

هر کاری از دستم بر بیاد میکنم، فقط به من بگو .

Have you ever dealt with this?

My friend's grandmother is **passing away**.

مادر بزرگ دوستم داره میمیره .

Have you ever **dealt with this situation** before?

تا به حال با این شرایط برخورد کردی؟

Have you ever had a close friend that **lost** someone?

تا به حال دوست نزدیکی داشتی که کسی رو از دست بده؟

Do you have any ideas for **simple things** I can do to help?

آیا هیچ کاری از دستم بر میاد که کمک کنم؟

I just wanted to be there

When my boyfriend's grandmother **passed on**, I...

وقتی مادر بزرگ دوست پسرم درگذشت، من .

...cooked a bunch of his **favorite food** and surprised him with it.

غذاهای مورد علاقه اش رو پختم و بردم براش و غافلگیرش کردم .

...gave him a **card** that I filled out with **a thoughtful note**.

یه کارت بهش دادم که در آن ابراز همدردیم را براش نوشتم .

...rented his **favorite movie** and watched it with him.

فیلم مورد علاقه اش رو کرایه کردم و باهاش تماشا کردم .

I just wanted **to be there for him**, and do whatever he wanted to do.

فقط می خواستم باش باشم، و هر کاری که می خواست انجام بدم .

How are you holding up?

How are you **holding up** today?

امروز در چه حالی؟

My grandma's fading pretty fast.

مادربزرگم داره به سرعت از دست میره .

Thankfully she's not in any pain.

جای شکرش باقیه که هیچ دردی نداره .

I don't think it will be much longer.

فکر نکنم خیلی دیگه طول بکشه .

Thanks for being there

My grandma left us this morning.

مادربزرگم امروز از پیشمون رفت .

We've already begun the funeral arrangements.

ما مقدمات مراسم تشییع جنازه را شروع کرده ایم .

Thank you so much for being there for me and my family.

از اینکه با من و خانواده ام بودی و همدردی کردی خیلی ممنونم .

I couldn't ask for a better friend than you.

نمی تونستم از تو دوست بهتری داشته باشم .

American attitudes towards death

Americans prefer not to speak about death. If they do, they speak about it indirectly, using euphemisms for dying ("pass away," "expire"), death ("loss"), the deceased ("the departed") and burial ("laying someone to rest"). Culturally, Americans tend to avoid having frank and open conversations about death, and many think of death abstractly as something "out there." The majority of Americans believe in life after death, past-lives, reincarnation or some other theory of immortality.

Funerals and burial services

American funerals are usually held a few days after death, often at a funeral home or church. Attendants dress modestly in all black, usually in a dress or suit. Normally clergy recite hymns, Bible passages, or offer other words of comfort; close family members and friends give a "eulogy," where they recount their memories with the deceased.

After the burial

After the funeral, a burial service is held at a local cemetery or crematorium to bury the body. The pallbearers (close male family or friends of the deceased) carry the casket to the site of burial. Guests sometimes scoop a handful of dirt onto the grave. After the burial, the family and friends gather for a meal together.

Condolences and support

When a loved one dies, Americans show their support and give condolences to grieving family members. Neighbors and friends often make and deliver food to those in mourning (traditionally some type of casserole). In addition, it is customary to send a card to the family to express your sorrow for their loss with a personal hand-written note to offer your sympathy. Friends and relatives may alternatively opt to send flowers to the family, or make donations to a local charity in memory of the deceased.