

3 QUESTIONS TO ASK SOMEONE WHO IS HURTING:

1 | What happened?

2 | How did it make you feel?

3 | What was the hardest part for you?

Simply listening can help people heal.

You can help a friend or loved one share their pain by asking these three simple questions, and listening without offering judgment or solutions.

TRAUMAHEALINGINSTITUTE.ORG



THE SAFE LISTENER'S PROMISE

I will listen to understand.

I will keep what you share private.

I will not minimize your pain.

I will not compare your pain with my own.

I will not give quick solutions.

I will listen again when you want to share more.