3 Questions Bookmarks

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**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?

*Thank the person for sharing, and be willing to listen again.*

Help carry one another's burdens, and in this way you will fulfill the law of Christ.
– Galatians 6:2

**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.

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