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.

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.

This card gives people a simple, practical tool for safe listening in a variety of easy-to-make, easy-to-share physical and digital formats.
3 Questions Printable Wallet Card

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.

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.

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.
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.

Help carry one another’s burdens, and in this way you will fulfill the law of Christ.

– Galatians 6:2

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.
3 Questions Bookmarks

Print this page and cut out bookmarks.

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

1 | I will listen to understand.
2 | I will keep what you share private.
3 | 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.

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

*Double-sided (fold and tape edges) • Single-sided*
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:

1. What happened?
2. How did it make you feel?
3. What was the hardest part for you?

Then, 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

#JustListen
#HealingQuestions
#WeHealTogether
@TraumaHealingInstitute
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:

1. What happened?
2. How did it make you feel?
3. What was the hardest part for you?

Then, 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

#JustListen
#HealingQuestions
#WeHealTogether
@TraumaHealingInstitute
Simply listening can help people heal. You can help a friend or loved one share their pain by asking three simple questions, and listening without offering judgment or solutions:

1. What happened?
2. How did it make you feel?
3. What was the hardest part for you?

Then, 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

#JustListen  
#HealingQuestions  
#WeHealTogether  
@TraumaHealingInstitute