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 vou?

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.



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.

