

3 Questions Printable Wallet Card

 Print this page, then cut out on dotted lines and fold on solid lines.

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.