



# The Safe Listener's Promise Printable Wallet Card

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

<hr/> <p><b>THE SAFE LISTENER'S PROMISE</b></p> <hr/> <p>I will listen to understand.</p> <p>I will keep what you share private.</p> <p>I will not minimize your pain.</p> <p>I will not compare your pain with my own.</p> <p>I will not give quick solutions.</p> <p>I will listen again when you want to share more.</p>	<p><b>Simply listening can help people heal.</b></p> <hr/> <p><i>Help carry one another's burdens, and in this way you will fulfill the law of Christ. – Galatians 6:2</i></p> <hr/> <p> Trauma Healing INSTITUTE</p>
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