

CURIOUS LISTENING

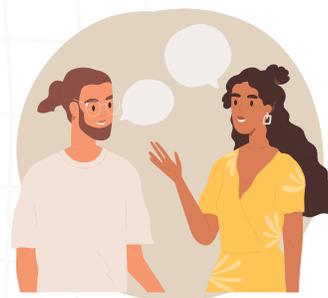
staying out of triangle



1 **DECIDE** if you're available to provide presence and listening at this time. Ensure you won't feel exhausted or resentful.

STATE If you're not available now; say when you will be. For example, "I'm not able to be present right now, but I will be at 8pm."

2



3

ALLOW them to have all emotions and perceptions. Their feelings are not your fault (even if they're about you). We are the source of our own emotions. Allowing others to have emotions validates their experience and is connecting.

RESPECT words at face value, even if you think they're wrong, disordered, manipulative, etc. For example, "All I do is give, but nobody loves me." Instead of arguing or rescuing, you could say, "Thank you for trusting me with how you're truly feeling."

4



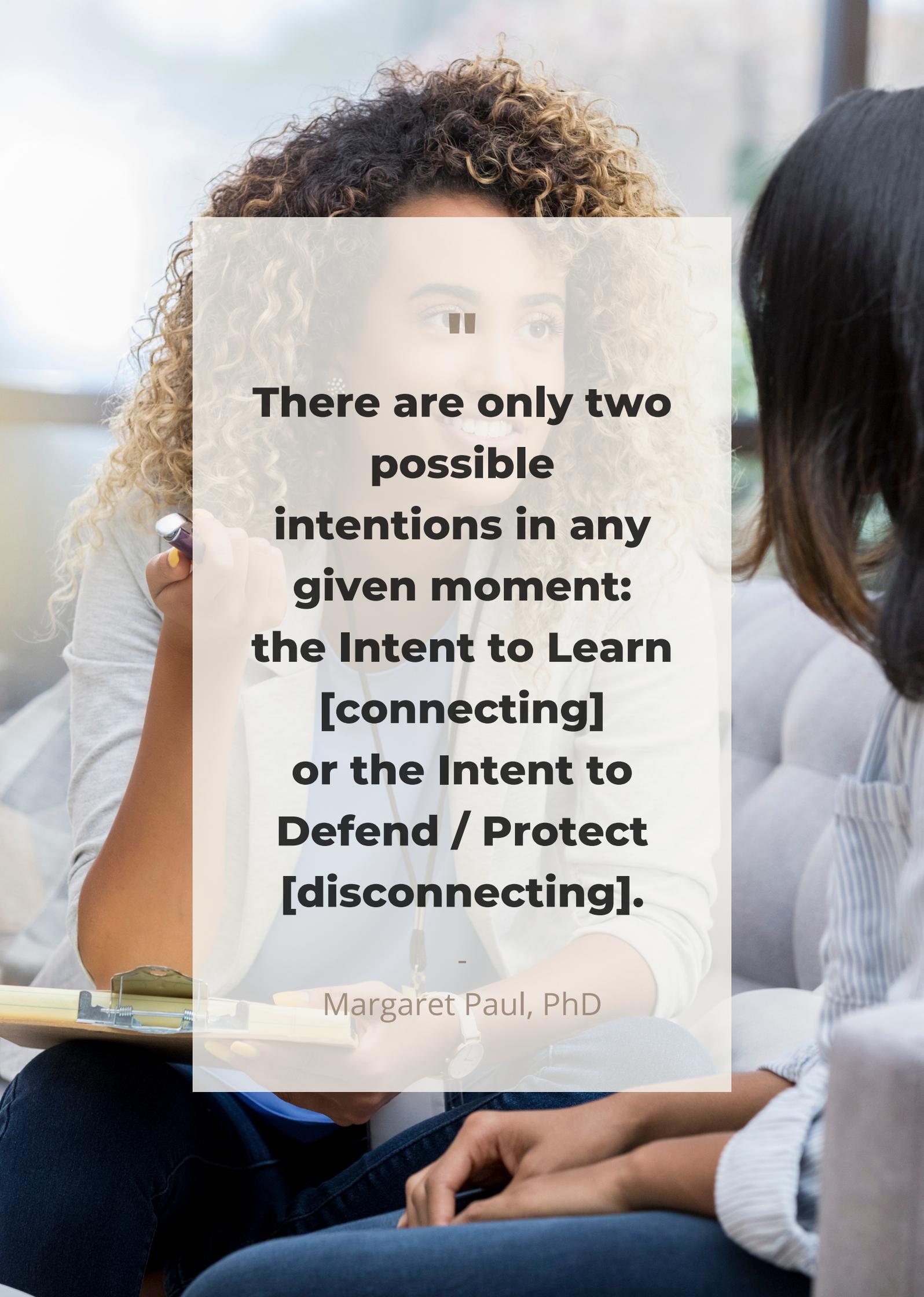
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ASK if they want your advice, solution, idea, view, etc. before giving it. Sometimes we just need to vent! Life is tough. Venting can mean they aren't ready to solve the issue, addiction or behavior, or that there aren't solutions. Venting has value! However, it'll be draining and even enmeshing if you're trying to 'control,' 'save' or 'fix' a person.

ASK if there's anything they need right now. "Anything I can do now to help?" Usually what we really need is a hug or simple comfort like soup. Talking is overrated. Remember, you simply being there is providing Quality Time, one of The Five Love Languages

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There are only two possible intentions in any given moment: the Intent to Learn [connecting] or the Intent to Defend / Protect [disconnecting].

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Margaret Paul, PhD



MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org