

# Tips On How To Have Supportive Conversations

Excerpts from Supporting Through Struggle™ Workshop

*Listening with our full, undivided attention is the first step in creating safety and trust in conversation.*

**ASK YOURSELF** | *"Am I judging? What is my emotional reaction in to this?"*

## KEY SKILLS THAT FOSTER SAFETY & SUPPORT IN CONVERSATION

- + Non-Judgement
- + Compassion
- + Affirmation
- + Respecting Choice
- + Patience
- + Empathy
- + Active Listening
- + Validation
- + Empowering
- + Comfort with Silence

By pausing in a situation to self reflect, it will allow us to  
*choose how we wish to respond*  
rather than have our emotions dictate our reactions.

What **3 things** do you  
want to remind yourself  
of prior to supporting  
another person?

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# Simple Reminders of What Someone May Need

- To not be *judged*
- To be *heard*
- To be treated with *compassion and kindness*
- To have a *trusting* relationship honouring confidentiality and privacy (to keep what I confide and talk about, as private information)
- To be treated with *respect*
- To be treated with *empathy* -for someone to look past the experience and connect with the underlying emotion
- To have my experiences be *accepted and validated as my truth*
- To not be expected to justify my needs.
- To feel *safe in my vulnerability* and to be able to speak truthfully about what I am feeling
- To have it understood that *recovery is fluid*, not linear
- To have the freedom to be who I need to be that day
- One does not need to 'fix' my experience or emotion, but rather just be able to be with me where I am at (avoid 'silver-lining' things for me or minimizing my feelings)
- To feel *empowered and supported* in my right to have my own choices
- To have someone know when it's time to intervene (i.e understand the scale and severity of crisis) and to support in a way that does not diminish me or my chosen path of recovery

## Self Care Reminders | What is important for your self care?

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*How*  
we CHOOSE TO  
respond  
CAN HAVE A TREMENDOUS  
IMPACT ON WHETHER  
*the conversation*  
CONTINUES