

Working with trauma

What trauma does to a person, and what a safe listener does differently.

6 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

LESSON 1 OF 6

Why We Underrate Trauma

What would you say to a colleague who was carrying what you are carrying?

This week I tried it with:

LESSON 2 OF 6

Welcoming People Who Carry Trauma

Notice this week when you start preparing your answer. What were you missing?

This week I tried it with:

LESSON 3 OF 6

Can Compassion Be Learned?

When did someone last really listen to you? What did they do that others don't?

This week I tried it with:

LESSON 4 OF 6

Forgiveness After Deep Wounds

How long do you think grief should take? Where did that idea come from?

This week I tried it with:

LESSON 5 OF 6

Suicide Prevention in Native Communities

What does it take for a stranger to trust you enough to tell you something true?

This week I tried it with:

LESSON 6 OF 6

Friendship in the Darkest Place

What have you said to a grieving person that you would take back? What would you say instead?

This week I tried it with:
