

Safe Spaces. Safe People.

Processing Your Pain for Better Emotional Health.

To create a **safe space**, both parties agree to the following:

*Intentional Time • Mutual Trust • Minimal Distractions
End in Prayer and Gratitude • Celebration of Courage*

Avoid these common derailers:

Broken Confidentiality • Judgement • Fixing • Toxic Positivity • Comparative Grief

Remember, this tool is a start – adapt from here!



To Listen Well:

1. Be fully present, attentive, and patient
2. Your job is to understand (*be curious*) and encourage
3. Expect difficulty – resolution will come, but may not come quickly
4. Allow for spaces of silence – Truth can reveal itself there
5. Empathize, but let them do their own work
6. Ask open-ended questions to help them find clarity
7. Acknowledge their need to process in their own way and at their own pace

To Share Well:

1. Start small and specific
2. Put feelings into words
3. Don't be scared of what comes out of you – it needs to
4. Own your own pain or loss – not someone else's
5. Stick to "I" statements
(e.g. "I felt _____ when _____")
6. Look for threads between the present and past
7. You determine when you are done – there will be more for another day

Safe Sources We Trust:

"The Power of Vulnerability"
Presentation by Brené Brown
Click to watch

Counselor Referral Network
kensingtonchurch.org/counselors

Kensington's Care Initiatives
kensingtonchurch.org/care

Common Ground Sanctuary
800-231-1127 or 248-456-0909

National Suicide Hotline
800-SUICIDE or 800-784-2433