

I can support you

Support that helps to overcome difficult times:
10 'No' and 'YES' when communicating with others



- I do not get into arguments with the person I want to support. I do not try to prove I am right
- I don't touch a person and their stuff without permission
- I don't tell a person in need of support about my own struggles or retell stories I've heard from others
- I don't think about what led to this situation, and I don't give negative assessments, I don't make offensive and sarcastic comments (~~why didn't you leave earlier~~, ~~you're always late, it's your own fault~~)
- I do not call directly or out-of-sight a person ~~"crazy", "unbalanced", "ungrateful"~~
- I don't rush a person, I don't rush to tell everything I have to say, and I don't look at my watch
- I don't devalue a person's feelings (~~"everyone feels bad now", "do you think it's easier for me?", "nothing bad", "it's much harder for other people now"~~)
- I do not suggest calming down with general phrases (~~"everything will be fine", "everything will get better"~~)
- I do not try to solve all issues and problems for a person
- I do not leave a person in need of support without accurate contact information



- I listen carefully, even if I don't share the views of the person I want to support
- I respect the other person's personal boundaries, ask for consent to do something
- I patiently listen to the story about the uniqueness of the situation compared to other people
- I perceive a person's situation as it is according to their words
- I follow how I describe a person and their situation when I talk to them or other people about them
- I speak to the person at a pace that is comfortable for them
- I sympathize with the person and say that their feelings in this situation are quite normal ("it's very painful, unpleasant, sad..., and given what happened, it's quite normal to feel that way")
- I draw the person's attention to their strengths and ask about what can usually help
- I ask a person about needs and discuss with them that they can do to meet those needs and what they need the help of others
- I know whom to refer a person to when I offer them support or help from others



You can find psychological support in our community here: