

HEALING MODEL OF COMPASSION

LISTEN: OVER AND OVER WITH CLOSED MOUTH

Don't Assume You Know Better,
Place Expectations or Interrupt

EMPATHIZE: PUT YOURSELF IN THE OTHER PERSON'S SHOES

Don't Reject or Criticize Personal Choice

IDENTIFY: FIND YOUR PARALLEL EXPERIENCE WITHOUT SHIFTING THE FOCUS TO YOURSELF

Don't Undermine or Oppose

ASK: HOW CAN I HELP?

Don't Withdraw or Disconnect

ACCEPT: BELIEVE THE EXPERIENCE TO BE TRUE

Do Not Instruct or Interrogate

VALIDATE: MIRROR BACK WHAT YOU UNDERSTAND

Don't Deny Voice or Personhood

ENCOURAGE: OFFER SUPPORT FOR THE OTHER'S PATH

Don't Shun, Place Conditions or
Ask Others to Join in Double Abuse

GRIEVE: WITH THEM FOR ALL THEY HAVE LOST

Don't Deny, Avoid, or Suppress the
Healing Power of Mourning