

**International Day of Listening  
September 15, 2022  
Listen to Heal  
Healing During Difficult Times**

**Michael Gingerich and Tom Kaden  
Someone To Tell It To**

**Responses that Help People Heal**

- 1. Tell the person you are proud of them for reaching out.**
- 2. Assure the person that no matter what they share, you won't "run for the hills."**
- 3. Thank the person for sharing their story.**
- 4. Express your sorrow regarding what the person is experiencing.**
- 5. Follow up after you have listened.**
- 6. Ask the person what would be most helpful to them.**
- 7. Don't impose or expect your time frame for someone else's healing.**

**Isak Dineson: "All sorrows can be born if you put them in a story or tell a story about them."**

**Healing begins the moment we listen.**