

Helping Hurting People

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1. When reaching out to hurting people, wrong motives include trying to:
 - Help them feel better
 - Help them to stop hurting
 - Help them get over it and back to normal life
 - Change their situation

2. Appropriate motives include:
 - Offering support
 - Wanting them to know you care
 - Letting them know they are not alone

3. Avoid:
 - Ignoring those who are hurting
 - Pointing out benefits to the tragedy
 - Trying to cheer them up
 - Spiritualizing or telling them to forgive
 - Judging and offering advice

4. 3 Good things to do:
 - Express caring
 - Invite sharing
 - Offer relieving

5. Unconditional acceptance will help create a good environment for healing

