

# 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

