

Supportive Conversations

It is important to regularly check in or debrief with our key supporters and colleagues. Try using some of the phrases below.

Starting the conversation:

- What is the most important issue or question for you today?
- Tell me how you are feeling about ... or tell me your perspective on ...
- What emotion or challenge have you been experiencing lately?
- What has self-care been looking like for you recently?

Using reflective listening:

- It sounds like the most important things are ... Is that accurate?
- Tell me more about ...
- Thank you for sharing this. It helps me get to know you better and helps me know what you are thinking. (Try to not say, "I understand what you are going through.")

Validating concerns and reaffirming values:

- It is difficult to go through this, especially with how quickly things can change.
- I see you have really been trying to ...
- Which value of yours/ours do you think is driving this feeling (or concern)?
- It seems we are both interested in ...

Discussing a way forward:

- What are the biggest barriers you face when you try to address this challenge?
- What aspects of this are within your/our control?
- How can we better help /support/encourage each other in the face of these challenges?
- What strengths or values do you/we have to help navigate this situation?