



## **WAIT** Why Am I Talking?

**Before responding to someone who shares, ask myself:**

- 1. Am I about to respond in an uninterested, impatient, or emotionally disconnected way?**
- 2. Am I about to turn the attention to me by telling a story or signaling my need to be attended to?**
- 3. Am I about to offer a solution or advice, mentor, teach or coach without them requesting it?**
- 4. Am I about to correct or counter them with “You shouldn’t feel that way”, “But...”, or a version of “I see it differently”**

**If YES, don’t talk.**



Light **WAIT**

Open the  
Vault  
Prompt

**Sender says:**

[Last week, in 6th grade], when [the event that led to the emotions]  
happened, I felt [feeling #1], [feeling #2], and [feeling #3].

Note: If in a group, read the following to all Listeners:

**Mirror their emotion & energy. Make eye contact. With your mind and heart, join them in their story.**

**On the following cards, read all the *italicized words* out loud.**

Listener  
Instructions



# 1. Be with.

*Thank you for sharing. I'm glad to be with you. Could we explore this more together?*



Light **WAIT**

## 2. Narrow the focus & ask for details.

*Tell me a little more about that.*

*Which particular moment or scene stands out in your mind?*

*In that moment, what did you see, hear, taste, smell, or feel on your skin?*



Light **WAIT**

### 3. Ask heart-level questions.

*What emotions were you feeling?  
Did you notice any physical sensations  
associated with your emotions?  
(e.g., warm cheeks, tingling, energized,  
calm, relaxed, lightness)?*



Light

**WAIT**

## 4. Summarize, Reflect & Empathize.

*What I'm hearing is when \_\_\_\_\_,  
you felt \_\_\_\_\_. Am I close?*

*As I listen, my heart feels \_\_\_\_\_ with you.  
If I were in your shoes, I might also feel  
\_\_\_\_\_; do you?*



## 5. Ask an identity question.

*Where in this story were you your best self?*



## 6. Mine the meaning.

*How is this memory significant for you?  
What did this event, or telling the story,  
help you realize?*



Light **WAIT**

## 7. Acknowledge the goodness.

*What I hear is you experienced \_\_\_\_\_  
and felt \_\_\_\_\_. You were your best self  
when \_\_\_\_\_ and it was significant  
because \_\_\_\_\_. How good that you \_\_\_\_\_,  
and that God \_\_\_\_\_! Thank you for  
letting me listen and experience  
your story with you.*



**WAIT**

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**If YES, don’t talk.**



## Heavy **WAIT**

Open the  
Vault  
Prompt

**Sender says:**

[Last week, in 6th grade], when [the event that led to the emotions]  
happened, I felt [feeling #1], [feeling #2], and [feeling #3].

Note: If in a group, read the following to all Listeners:

**Take a breath. Leave quiet space. Slow down. Pause.**

**Make eye contact. With your mind and heart, join them in their story.**

**On the following cards, read all the *italicized words* out loud.**

Listener  
Instructions



# 1. Be with.

*Thank you for sharing. I'm glad to be with you, no matter what. If that's all you want to share, I can just be with you and offer support\*; or we can explore this more together now and I can offer support afterward.*

**\*Note: If the Sender doesn't want to share more, skip to Step 6**



## 2. Offer strength & safety.

*I'm strong enough and calm enough to welcome your heavy emotions. I won't judge you or condemn you.*



### 3. **Attune with compassionate curiosity.**

*Would you share a bit more?*

*What was that like for you?*

*What emotions were you feeling?*

*How was your body feeling it?*

*How do you feel about feeling this way?*

*Does part of you feel differently?*



#### 4. **Validate & Empathize.**

*Your emotions aren't wrong. You're not crazy. It makes sense that you feel this way. As I listen, my heart feels \_\_\_\_\_ with you. If I were in your shoes, I might also feel \_\_\_\_\_; do you?*

*Optional: Have you felt this way before? What's your earliest memory of feeling this way?*



## 5. Summarize & Reflect.

*What I'm hearing is \_\_\_\_\_ happened,  
and you feel \_\_\_\_\_.*

*Did I get that about right?*

*Is there more?\**

*Do you feel seen and heard, understood  
and felt?\**

**\*Note: Repeat Steps 3-5 as needed**



## 6. Offer support.

*What does support look like? I could pray for you silently or aloud, now or later; or we could: listen to Jesus together; brainstorm other perspectives and solutions; share similar stories or advice; talk later; help you find resources; or something else?*