

\* DATED REFERENCE TO A CHEESY SONG FROM THE 1970S

# EMOTIONAL SUPPORT

GUIDE TO



FEELINGS...  
NOTHING MORE  
THAN FEELINGS:\*

YOU MIGHT BE ASKING  
YOURSELF: WHY DO WE  
NEED AN EMOTIONAL  
SUPPORT PLAN FOR OUR  
ACTIONS? HMMM....

- COULD IT BE THAT
- GRIEF
- FEAR
- RAGE
- ANXIETY
- DESPAIR

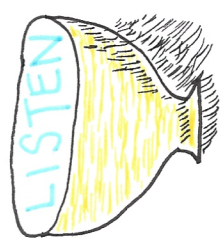
(OTHERS)

AFFECT OUR ABILITY TO  
SHOW UP?

- PRACTICE SILENCE
- DO NOT INTERRUPT
- PRACTICE A WARM AND INVITING NEUTRALITY

## GOOD CONTAINERS

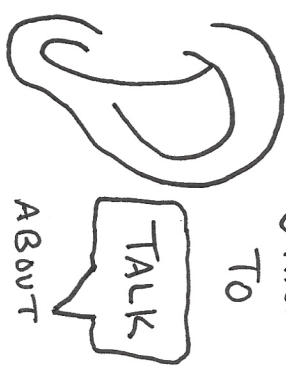
WHEN YOU'RE ON THE JOB OF EMOTIONAL SUPPORT FOR SURV, BE A



WE NEED TO GET USED TO



ABOUT OUR FEELINGS AND TO HELPING OTHERS



HOW TO DIG DEEPER:  
"TELL ME MORE ABOUT THAT."

## WHAT DO WE DO NEXT?

"HOW WILL YOU TAKE CARE OF YOURSELF AFTER THIS?"

"HOW DOES THIS EXPERIENCE AFFECT HOW YOU FEEL ABOUT YOUR WORK IN SURV?"

SOME QUESTIONS THAT MIGHT HELP GET YOU STARTED:

## WHAT WAS HARD ABOUT

INSERT NAME OF ACTION

"WHAT WAS HAPPENING?"

FOR YOU ABOUT

OR INSPIRING

"WAS THERE ANYTHING MEANINGFUL

"TELL ME ABOUT THE DIFFERENT FEELINGS THAT CAME UP FOR

YOU?"