

## “3 Questions” Card

### 3 QUESTIONS TO ASK SOMEONE WHO IS HURTING:

- 1 | What happened?
- 2 | How did you feel?
- 3 | What was the hardest part for you?

*Thank the person for sharing,  
and be willing to listen again.*

### Simply listening can help people heal.

You can help a friend or loved one share their pain by asking these three simple questions, and listening without offering judgment or solutions.

*Help carry one another's burdens, and in this way you will fulfill the law of Christ.*

—Galatians 6:2



### THE SAFE LISTENER'S PROMISE

I will listen to understand.

I will keep what you share private.

I will not minimize your pain.

I will not compare your pain with my own.

I will not give quick solutions.

I will listen again when you want to share more.

#### Print Formats:

- printed/printable trifold wallet card
- printed/printable desk card (3-sided table tent)
- bookmark

#### Digital Formats:

- social media images
- digital wallpaper

#### Suggested campaign hashtags:

#3QuestionsForHealing  
#ListeningIsHealing  
#JustListen  
#SafeListenersSociety  
#HealingQuestions  
#WeHealTogether  
#ListeningHelps

[TRAUMAHEALINGBASICS.org](https://traumahealingbasics.org)

This card gives people a simple, practical tool for safe listening in a variety of easy-to-make, easy-to-share physical and digital formats.

# 3 Questions Printable Wallet Card

 Print this page, then cut out on dotted lines and fold on solid lines.

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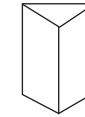
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# 3 Questions Printable 3-sided Desk Tent



Print this page, then cut out on dotted lines and fold left and right panels inward. Fold the angled tab inward on solid line. Join the outside edges, with tab inside, and tape to secure.



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# 3 Questions Bookmarks

✂ Print this page and cut out bookmarks.

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• Double-sided (fold and tape edges) •

• Single-sided •

## Social Media Images & Digital Wallpaper



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#JustListen  
#HealingQuestions  
#WeHealTogether  
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