

APPLICATION EXERCISES

How Can I Apply This Tool?

1. Practice “Tell me more” statements. A “Tell me more” posture gives the other person the platform, shows them you are interested in what they are saying, and it gives them a safe place to continue to emotionally exhale.
2. Use active listening responses like:
 - “So, what you are saying is . . .”
 - “I can understand how you would feel that way!”
 - “I can imagine you might feel _____.”
3. Increase eye-contact when listening and use appropriate physical touch. The brain responds in predictable ways through healthy attachment. Eye contact and *appropriate* physical touch can reassure a kid or teen who is in despair that they are safe.

Appropriate physical touch looks different for a parent than for another caring adult, such as a coach or small group leader. For a parent, appropriate physical touch can look like a hug, touching their arm, or holding their hands. For a caring adult, all physical touch may not be appropriate. However, usually a touch on the shoulder or a hug is okay. Caring adults helping a kid or teen in despair should remember that any appropriate touch should be given *with consent and in public* with other adults present.