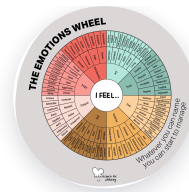




Letting people be who they are

The skill of holding space · name: _____ · date: _____



When someone tells us how they are, it can be tempting to answer with advice or a story of our own. Acceptance begins by staying with the person in front of us and allowing their experience to be what it is. We can still disagree or name harm. We listen first, then decide what should happen next.

What we are practising

By the end of this lesson, you can listen without interrupting or rushing to fix, and describe what helps another person feel accepted.

During the activity

Just listen: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

In what kinds of everyday situations might just listening, without jumping in to fix or advise, help another person feel properly heard?

Exit ticket · Letting people be who they are

What does "holding space" for someone mean?

- a) Giving them advice as soon as possible
- b) Being properly present with someone without judging, fixing, or making it about you
- c) Waiting for them to finish so you can share a similar story
- d) Telling them what to do to feel better

I can listen to another person without judging, interrupting, or rushing to fix, and describe what helps someone feel accepted.

☐ more than before ☐ about the same

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