

HOW TO BE COMPASSIONATE WHILE APPROACHING PEOPLE WHO ARE SUFFERING?



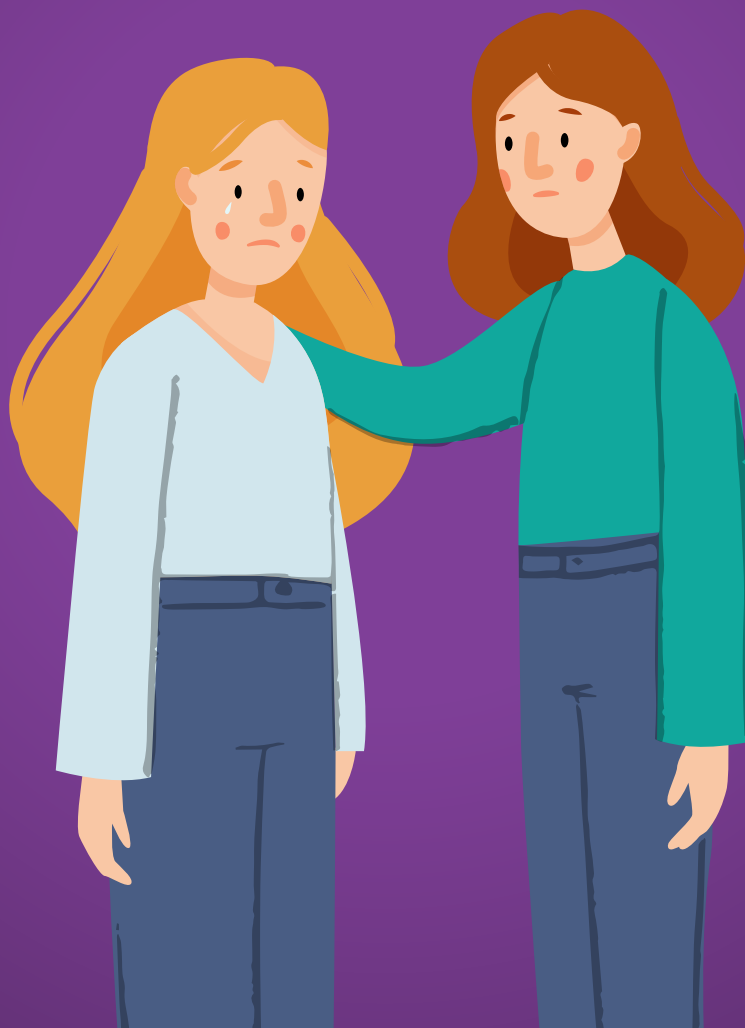
1. Approach compassionately with kindness rather than confrontation



2. Validate their struggle and respond with empathy



3. Be their safe and non-judgmental listening ear



4. Ask relatively tough questions at the right time



People who are suffering need an understanding ear rather than a person who gives them a solution, so be that friend in need and lend them your non-judgmental listening ear.



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