

Handout 1

Learn to be a good listener and balance the conversation

What is an “open-ended question”?

Being a good listener means striking a balance between _____,
_____, _____.

Don't _____, _____, or _____
_____.

Being there for someone means prioritizing those elements of the conversation in the proper order:

Listen:

Be curious:

Share wisely:

How to be a better listener:

- _____
- _____
- _____
- _____
- _____

Jessie and Manvir:

In what ways was Manvir able to “be there” for Jessie? List as many examples as possible:

Remember, this conversation is about _____ not _____.

The goal is to _____ with them, not _____ them; to offer _____, not _____.

An **exception** to not giving advice is **when someone** _____
_____.

In addition to listening, being there for someone means _____
_____.

Mel and Matt:

In what ways did living in a small town make struggling with a mental health issue difficult?

Why do you think Matt felt comfortable opening up to Mel? What was it about her and/or their friendship that made him feel like he could talk to her?

How did Mel show she cared for Matt?