

# Extension Activity: Journal

**Task:** Choose one or more of the quotations below to write about in a journal entry.

Prompts (if needed):

- What does this quotation make you think about?
- What does this quotation make you feel?
- What ideas do you agree or disagree with? Explain.
- What about this quotation resonates with you? Why?

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*"If I had an ear 2 confide in  
I would cry among my treasured friends  
But who do u know that stops that long  
to help another carry on  
The world moves fast and it would rather pass u by  
than 2 stop and c what makes u cry"*

— **Tupac Shakur, The Rose That Grew from Concrete**

*"Sometimes all a person wants is an empathetic ear; all he or she needs is to talk it out. Just offering a listening ear and an understanding heart for his or her suffering can be a big comfort."*

— **Roy T. Bennett**

*"There's magic in being seen by people who understand—it gives you permission to keep going."*

— **Alok Vaid-Menon**

*"If we can share our story with someone who responds with empathy and understanding, shame can't survive."*

— **Brené Brown**

*"Listening doesn't always equate to hearing.  
Hearing doesn't always lead to understanding  
but active listening helps each person  
truly 'see' the other."*

— **Sanjo Jendayi**

*"The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them."*

— **Ralph G. Nichols**