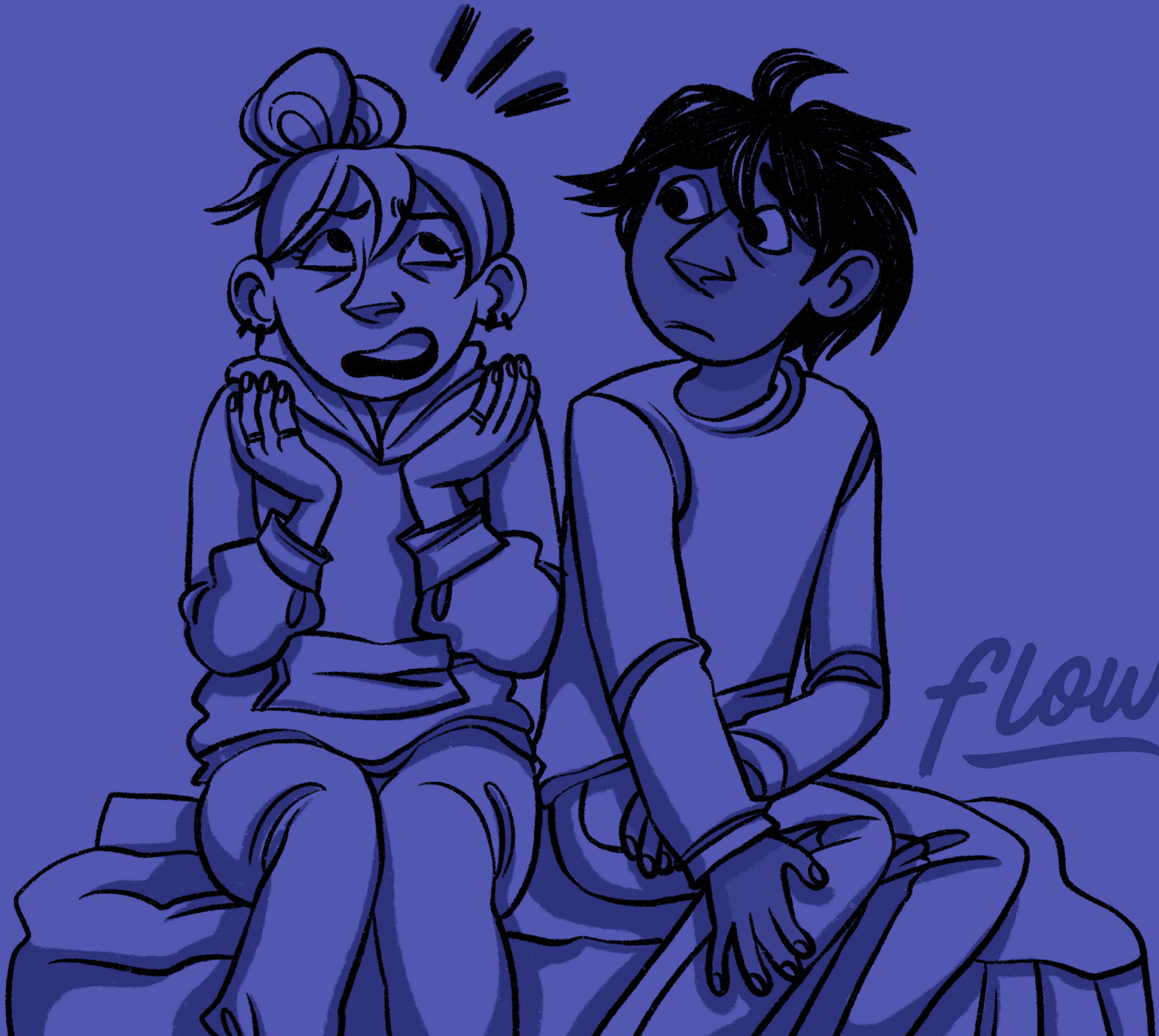


When a friend confides in you, it can be tough to know how to respond.





Maybe you haven't seen this friend be  
vulnerable before and you're a little  
uncomfortable,






so you make a joke.



Or maybe, in an effort to be helpful...

# THE SOLUTION TO YOUR PROBLEM



1. 
2. 
3. 



...you go into "fix-it" mode for your friend's problems.



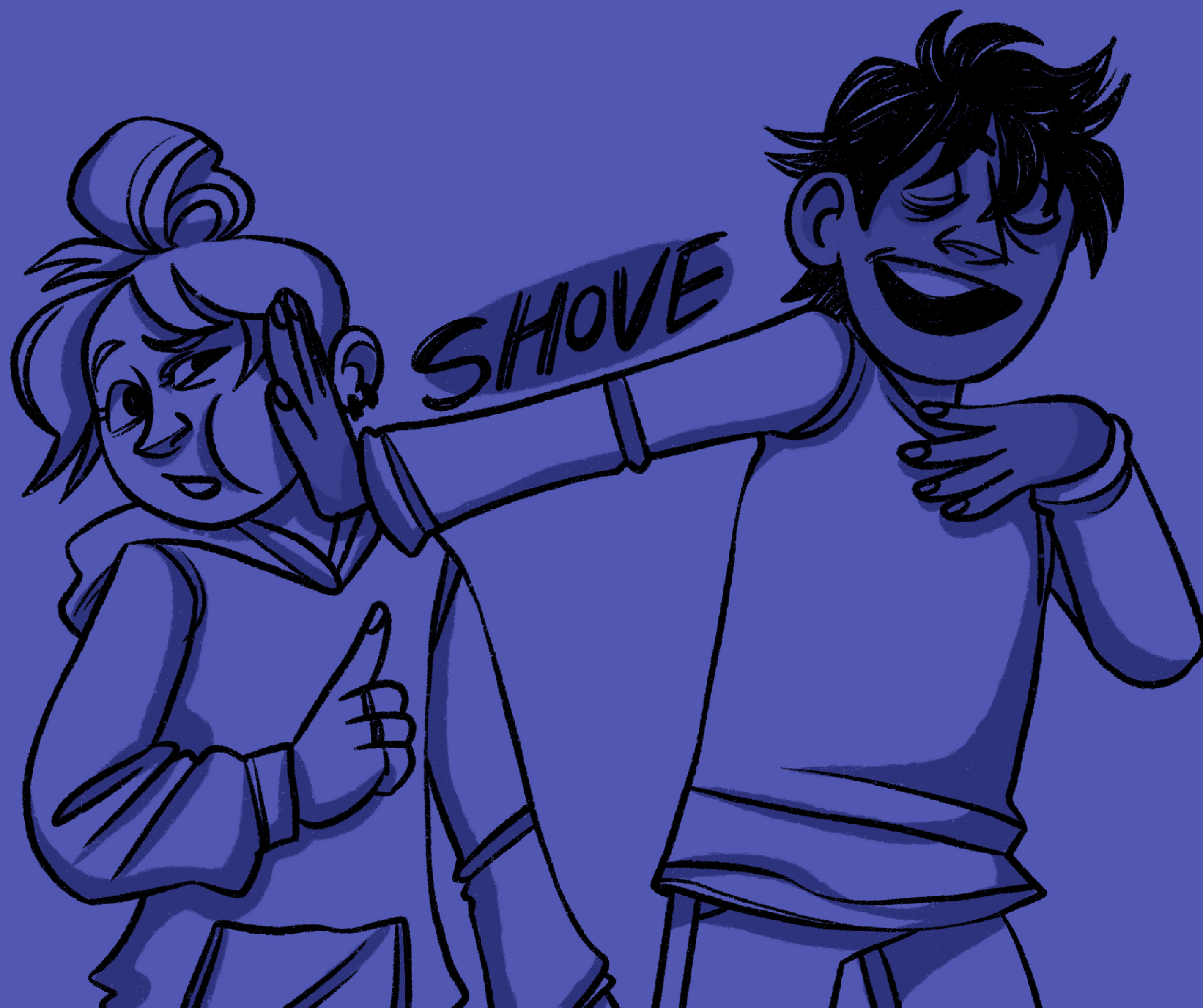


Maybe you can  
relate to what  
they're saying,  
so you  
bull doze over  
their vulnerable  
sharing with  
your own  
story.

THAT REMINDS  
ME OF THIS ONE  
TIME WHEN I...



You're trying to be helpful, but instead you've been dismissive of your friend's feelings + needs.



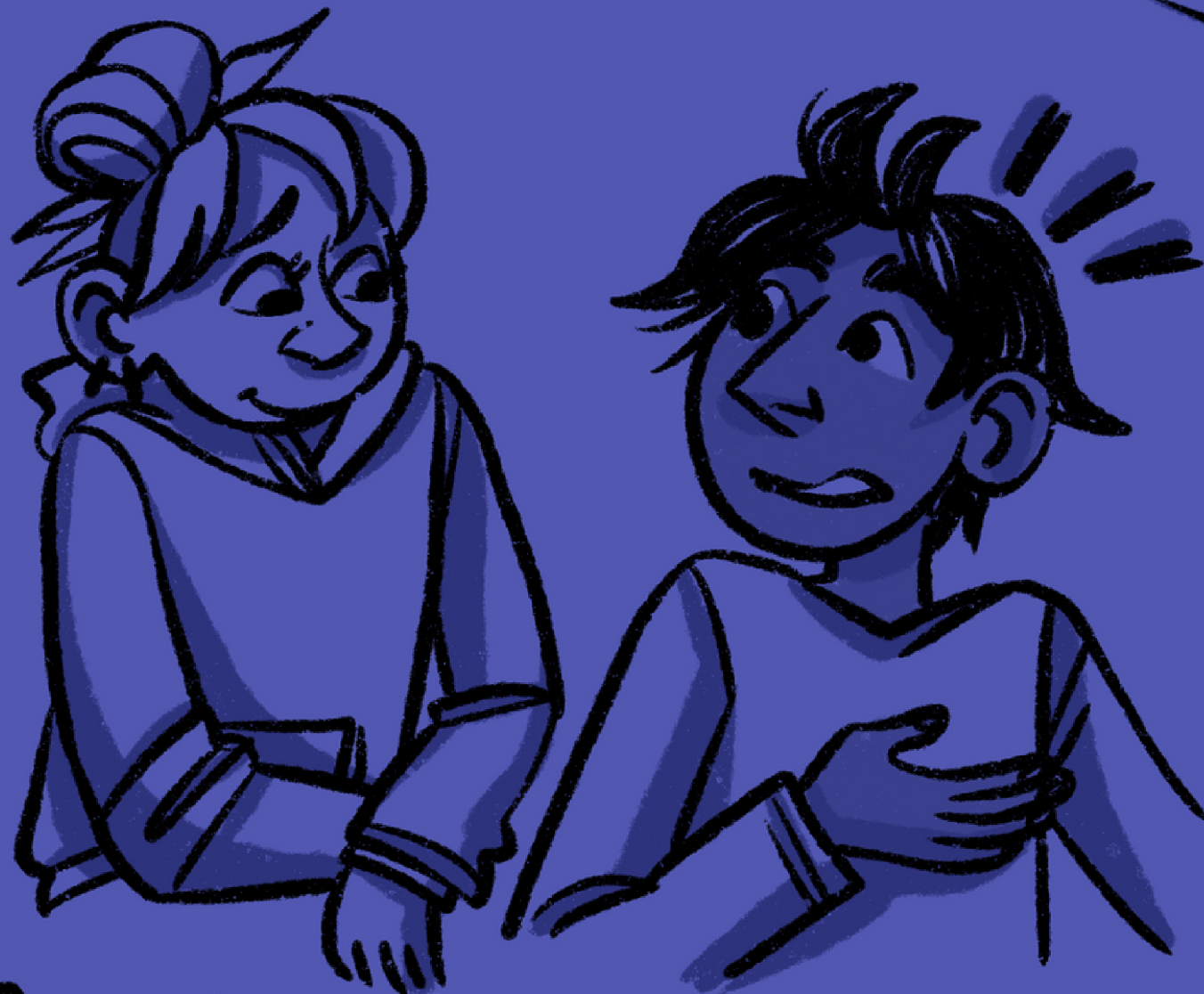


Instead, you could try...

Just saying  
"I'm so sorry  
you're going  
through that,"



Asking what it  
is they need,



Or just sitting  
back and listening.



NOD  
NOD







There may be time or need for all those other things later, but for now your friend just needs you to be there.