

HOW TO

Hold Space for Another

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1. Listen to understand and not to respond.
2. Avoid trying to minimise, distract or fix.
3. Allow all emotions and feelings.
4. Validate and reflect the emotions and thoughts shared.
5. Create a safe space, a container for all of their thoughts, feelings and emotions.
6. Try to be fully present and mindful.
7. Encourage them to take care of their own needs and show trust and faith that they can do that.
8. Support their knowledge and wisdom.
9. Practice unconditional acceptance.
10. Be aware of your own stuff (your defense mechanisms, your story and your response). Make sure you're not projecting your own stuff on to the other person.

Toxic Positivity Vs *Validation*

INSTEAD OF **TRY**

Just focus on the positive.	→	I know it's difficult right now, And things might easily go wrong but how about we try and focus on how they could go right?
It could be worse.	→	This is really sad and I understand what you're feeling right now.
Everything happens for a reason.	→	I don't know why this had to happen and I'm sorry that it happened to you. I am here for you.
Stop focusing on what's wrong, let's talk about something else.	→	You can always tell me what you're going through. I'll always be here to listen.
Positive Vibes Only!	→	All energy and vibes are natural. It's OK to feel happy or sad or good or bad.

Mārama Counselling