

Supporting Someone in Pain with Kindness

Supporting someone in pain can be challenging, but a few thoughtful words can make all the difference. By offering validation, being curious, and avoiding common pitfalls, you can create a safe space for them to feel heard and understood.



Validate Their Feelings: Sometimes, all someone needs is to feel heard.

Here are a few ways to show you're there for them:

"I hear you."

"That sounds really tough."

"I can't imagine how hard this must be."

"I'm here for you."

"You're not alone in this."

Get Curious: Instead of rushing to say "I understand," give the person the space to share their experience.

Ask open-ended questions like:

"Can you tell me more about what's going on?"

"What's been the hardest part for you?"

"I really want to understand so I can support you better."

Hold Off on Offering Advice: Sometimes, the best thing you can do is listen without immediately offering solutions. Wait until the person asks for help before jumping in with suggestions.

Remember, words matter. A little shift in language can make a world of difference.

Avoid saying things like:

"Get over it" (this shuts down the conversation and invalidates their feelings).

"Move on" (it rushes the healing process).

"It's not that big of a deal" (what's a big deal is subjective).

"At least it's not worse" (comparing pain is never helpful).

"I wouldn't have done that" (this can make someone feel judged).

"Everything happens for a reason" (not all situations have a neat explanation).

"You brought this on yourself" (avoid blaming the person).

"You need to try harder" (they may already be doing their best).

"Calm down" (this is never helpful and often makes things worse).

A little empathy can go a long way in making someone feel understood and supported.

To book an appointment with one of our counsellors, call or scan the QR Code



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