SUPPORTING MYSELF AND OTHERS

GROUP EXERCISE

The period of puberty lasts for several years and can be a source of difficult experiences for us. This development affects not only changes in the body but also in the psyche of a teenager. This means that there are moments when we find it difficult to cope with the "storm of emotions" that we experience. At such times, the support of another person is invaluable. Pair up and try to have an open conversation with each other. The following template, inspired by so-called empathic communication, allows you to support both sides of the dialogue - the person speaking and the person listening. Let each of you take on both the role of listener and the person confiding in their troubles. Use current or past problems from your life in the task.

When you listen to someone going through a tough time, you can proceed as follows:

1) First, turn off any distracting thoughts, put away your phone, or interrupt any activity you were doing before the conversation started.

2) Focus on the person speaking.

3) As you listen to their story, think about what you hear - how does this person feel and why, what do they need right now?

4) When they finish speaking, you can ask what they need or how you can help them. Perhaps they just need someone to listen to their problems, or maybe they would like to hear something supportive? Maybe they would be willing to listen to your experiences in a similar situation (if you've been in one) to benefit from your experience.

When you tell someone your story, you can do it like this:

1) Notice or ask if they are willing to listen to your story?

2) In addition to recounting the events, try to express how you feel and why. You can also tell your listener that you need support from them and what form it can take. Maybe a few quiet moments together, a walk, or a hug?