

PLEASE HEAR ME OUT

I have a question or problem that might make you upset. So, even though I am responsible for my actions, by accepting this CARD you agree to “LUV-LISTEN” and support me, staying calm and helping me find answers or solutions.

LUV LISTENING

L – Listen without judgment, with your ears, eyes, and heart to understand my situation

U – Understand: Repeat back in your own words to show understanding

V – Validate my feelings by expressing empathy even if you disagree. Express confidence in my ability to find solutions

(taken from the Arlington Partnership for Children, Youth and Families)

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