

Compassion Without Fixing

English Conversation Practice Guide

Open with observation

Use specific, nonjudgmental language: "I have noticed you seem quieter than usual. How are you doing?" Avoid diagnosing, demanding disclosure, or promising secrecy you cannot keep.

Listen for understanding

Give the person time. Reflect what you hear. Ask open questions. Try: "That sounds like a lot to carry." "What would feel helpful right now?" "Would you like me to listen, help you think through options, or help connect you with someone?"

Offer options, not control

Share relevant resources and ask permission before taking action when safety allows. Respect the person's choices. If there is immediate danger, follow emergency procedures and involve qualified support.

Close with clarity

Agree on one realistic next step. Clarify what you can and cannot do. Set a time to check in if appropriate. Do not become the person's only source of support.

Practice prompt

Write one opening question, one reflective response, one resource you can offer, and one boundary statement you can use this week.