



## Checklist for listeners

When listening to someone's story:

- ❑ Clarify the purpose of their sharing. Do you have consent to share their story?
- ❑ Be mindful of the space in which they are sharing, and create a safe and non-judgmental space.
- ❑ Show you are actively listening, by making eye contact and being aware of their body language.
- ❑ Engage respectfully, giving them the time they need to share, and allowing them to stop whenever they need.
- ❑ Refrain from interrupting the person sharing their story.
- ❑ Be mindful of your own biases and reserve personal opinions and judgement.
- ❑ Explore nuances, whilst being mindful to not press for matters that are sensitive or traumatising.
- ❑ Ensure the storyteller, and others in the group (if relevant) are aware of support services should they be traumatised by information shared.