Venting Feelings in Time of Crisis

In time of trouble and crisis many people need someone who will just listen. Talking about the experience is therapeutic because the burden seems a little lighter and easier to bear.

If you find yourself called upon to listen to a neighbor or friend who just wants to talk, *listen*. Don't think you have to come up with solutions and answers. Just listen and let the troubled person talk. He or she needs to air their feelings. Don’t underestimate the contributions you can make as a good listener during a difficult time.

Above all, if your neighbor needs to break down and cry - let them. It has built up in their system and they need to release their feelings of sadness.

Some people will feel very much alone and afraid; others will ask, "Why me'?" They are not really looking for an answer to that question but rather are saying, “How can I endure this?" and "How can I go on?"

After you have listened, offer the reassurance and encouragement from the warmth of friendship. In some cases, the emotional needs of the person is greater than you can provide. Acknowledge this and reach out for assistance. Remember, you cannot absorb another person’s burdens without it impacting you.