

7-Questions

Are You A Refuge?

Are you equipped to be a refuge for someone in emotional need? As you consider your answer to this question, reflect on these seven questions:

1. What are my needs when I need refuge from life's storms? Who are the people and environments that have made space for my humanness allowing me to reconnect to my "Strength, Courage and Wisdom" (Love to India.Aire)?
2. How do I create a non-judgmental and inclusive environment that respects the experiences and perspectives of those seeking refuge in me during their storms? How do I actively listen to others without the need to "fix" their problems, allowing them to express themselves freely in times of distress?
3. What strategies do I employ to maintain healthy boundaries to ensure that I can offer support without compromising my well-being?
4. How do I foster a sense of trust and confidentiality so that individuals feel comfortable confiding in me and seeking solace during difficult times?
5. How do I navigate offering a safe landing place and empowering individuals to take ownership of their journey toward healing and resilience?
6. What strategies do I employ to foster a sense of hope and optimism in those experiencing storms, helping them see the possibility of brighter days ahead, while not moving into the territory of toxic positivity?
7. How do I engage in ongoing self-reflection and evaluation to continuously improve my ability to be a place of refuge for others, acknowledging areas for growth and refinement in my support practices?