



"I know exactly how you feel."

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## During post conference ask students to answer the following questions.

- 1) When I share something private and personal, and I feel "seen" or understood, I feel:
  
- 2) When I share something private and personal and I don't think anyone understands me, I feel:
  
- 3) When I share something private and personal, I prefer you:
  - Make eye contact.
  - Hug or touch me.
  - Nod your head.
  - Ask more questions.
  - Listen quietly.
  - Respond to me.
  - Look away.
  
- 4) When someone shares something private or painful with me:
  - I worry I will say something dumb.
  - I try to think of something really comforting to say.
  - I want to solve the problem.
  - I become very nervous.
  - My heart begins to pound.
  - I start to sweat.
  - I just prefer not to know and wish they hadn't shared with me.
  - I am afraid I won't feel anything.