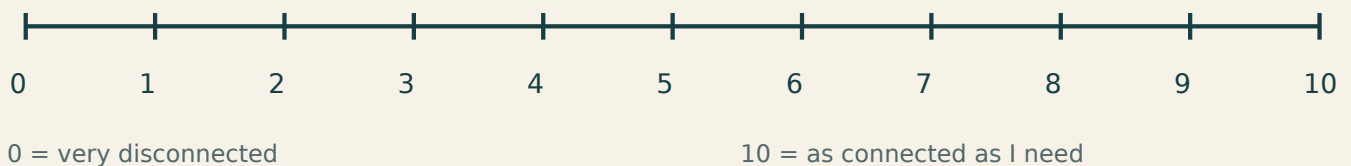


Who is beside you?

My private reflection. I can write, draw, use a fictional example or pass.

How connected do I feel today?



Before the lesson: ____ After the lesson: ____

What helps me feel seen and heard?

What would one point higher look like in everyday life?

One thing I want to take from today

This scale supports personal reflection. There is no right score and it is not a diagnostic test. Keep your worksheet private if you wish.

The connection I need

Solitude can be welcome. Loneliness can happen even among other people.

Time alone I choose

What do I enjoy about time by myself?

A connection I miss

When would company, understanding or practical help feel welcome?

A barrier that gets in the way

What makes connection difficult? Consider cost, time, access, language or safety.

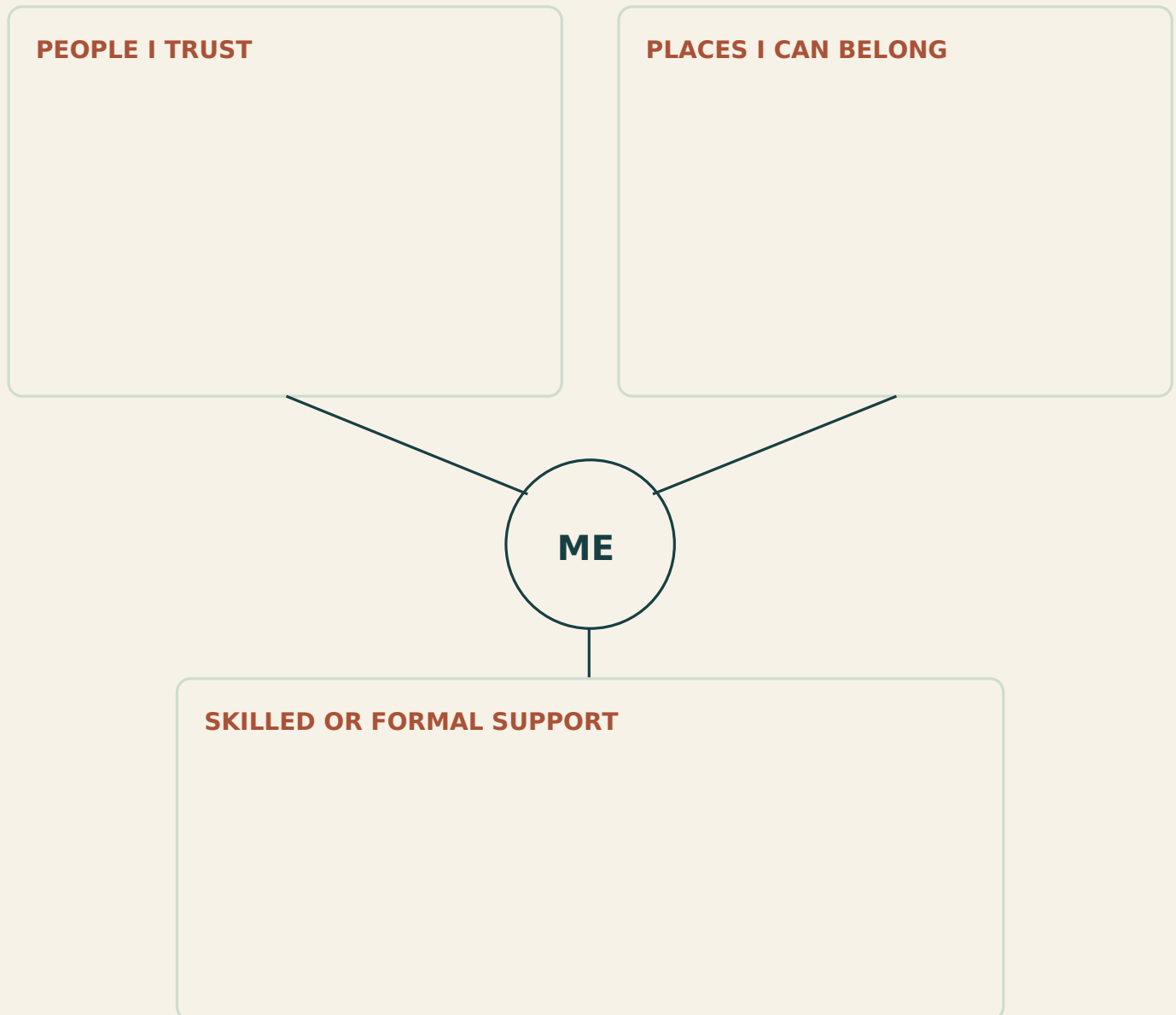
Something that could make it easier

What could a host, employer, community, service or I change?

You may answer for Tariro: busy helping others, receiving messages all day, yet unsure whom to call at night. Avoid assuming what Tariro needs. What would you ask?

My support map

Use initials, symbols or roles. Possible connections can go here too.



Mark S = supportive ? = uncertain B = a boundary needed

Which connection could I strengthen, or what possible route could I explore?

Empty spaces are allowed. Ask the facilitator privately if you would like help finding a first person, group or service. You do not have to reconnect with anyone who feels unsafe.

Listening that leaves room

Practice with a mild topic or the fictional case. Passing is always allowed.

1**INVITE**

“Is now a good time? Would it help if I listened?”

2**LISTEN**

Allow pauses and keep attention on their meaning.

3**REFLECT**

“It sounds like ... Have I understood?”

4**AGREE**

“What support would help? What happens next?”

Observer checklist

- ☐ Asked permission and offered choice
- ☐ Allowed space without interrupting
- ☐ Reflected tentatively and checked understanding
- ☐ Asked what support was wanted
- ☐ Respected a pass, a limit or a boundary

One thing that helped me feel heard

One listening habit or boundary I will practise

Three rounds, three minutes each. Rotate speaker, listener and observer. Share feedback about the listening process only.

Support around a concern

Keep the concern unnamed if you prefer, or use a fictional house move.

What would feel helpful?

Someone to hear me

A person or role who could offer understanding or company

Someone to help with a task

A specific action I could ask for

Someone with relevant expertise

A service or practitioner when specialist help is needed

My sharing boundary

What am I ready to share, with whom, and what should stay private?

Sharing can change the support around a problem. It may not solve it. Ask before passing on another person's story. Choose a safe person and seek appropriate help for concerns beyond their role.

My seven-day connection plan

One manageable step. I choose how connection looks for me.

The connection I need

Company, understanding, practical help or another kind of support

Who or where I could approach

A safe person, hosted group or suitable service

My invitation and timing

What will I say or do, and on which day?

What could make this possible

Access, language, time, transport or someone alongside me

If the first attempt does not work

A second safe route or a smaller step

My review date and reflection

What happened? What helped? What do I need next?

Optional check-in partner: _____ Date: _____

What I consent to share: _____

A place beside you

A Sawubona reminder for everyday connection

I see you.

I hear you.

Who could I reach out to this week?

Whom could I gently invite?

01

Notice

What kind of connection am I missing?

02

Choose

A safe person, a welcoming place or a suitable service.

03

Invite

"Would you have ten minutes for a catch-up?"

04

Listen

Ask permission. Allow space. Check understanding.

05

Return

Agree a next step or another check-in, if both want it.

More people can offer more options. Trust, respect and the kind of support matter too. One small connection is a valid place to begin.

Keep choice and privacy. Ask before advising or sharing someone's story. When support needs exceed your role, help the person find appropriate professional or local support.