



Low Impact **Debriefing**

Four steps to process difficult
experiences with others

Low Impact Debriefing

"When we see or hear difficult things, it's natural—and even healthy—to talk it through with others. The trouble comes when we unintentionally 'slime' others with the weight of what we're carrying."

– FRANÇOISE MATHIEU MED, RP | EXECUTIVE DIRECTOR, TEND

1 Self-Awareness

Check in with yourself - how are you feeling?
After witnessing a challenging situation, take a moment to reflect on **how you feel and what you need**.



2 Fair Warning

After you've identified a trusted person to connect with, **warn your listener** that the content you want to discuss is potentially disturbing or traumatic.



3 Consent

Seek permission before sharing any details.
This allows the listener to decline or set boundaries around what they have capacity to hear.



4 Limited Disclosure

Start with the least disturbing details and gradually add more info as needed. **You may not need to share the most graphic details** to get the benefits of connecting with a trusted person.

