



ALLISON **MASSARI**  
TRIUMPH • TRANSFORM • THRIVE

# What it Takes to Heal™

Sometimes it can be very difficult to know what to say when someone is in crisis. Often, people are so afraid of doing or saying the wrong thing that they do nothing. It is so important in someone's time of need to do *something*. The absence of contact can be misunderstood and make it appear that you don't care. People truly appreciate kindness, and even the smallest gesture can be tremendously healing. Love is powerful, and reaching out will make a world of difference. Below are some suggestions of what you can do or say. You can just pick one!

- Sit with them. Be with them and listen. You do not need to solve or have the answers to their problems. Just show up and love them with your eyes, your smile and your kindness. Sometimes, just your quiet presence is all they need.
- Avoid using clichés like, "Everything happens for a reason", "What doesn't kill you makes you stronger", etc.
- Clean their home or buy their groceries.
- Offer to take care of their pets or to water their plants.
- You can say to the person, "I love you."
- Touch their shoulder and say, "I'm here."
- Leave hand picked flowers at their doorstep with a note.
- Bring them books or audio recordings on their favorite topic.
- Drop off a home cooked meal.
- Offer to take their children to the zoo.
- Offer to give them a ride to a doctor's office or for any appointments.
- If someone looks extremely physical ill, do your best to keep your demeanor and facial expressions calm to help normalize the situation.
- Leave a loving voicemail or text and let them know you are thinking of them.
- Send them a card and write, "Thinking of you."

Questions to ask:

- 1) "What can I do for you? I want to support you in the best way that you need." If they cannot think of anything, offer ideas.
- 2) "Are you getting enough rest?"
- 3) Are you eating well? A healing body needs balance and support now more than ever.
- 4) "Do you feel that the doctors have given you good explanations and feedback?" "Are you getting the support you need?"
- 5) "Is there something specific I can bring to you?"
- 6) "Are you comfortable? Do you need a blanket? Or would you like the TV on or off?"
- 7) "Do you have a solid support system in place?" "Can I help you organize a support system? You do not have to do it all alone."



# Allison Massari

Hall of Fame Keynote Speaker, Entrepreneur, Artist

## Three Secrets To Mastering Your Life:

### **Embrace the idea that joy and pain exist side-by-side.**

Understanding that happiness *is possible* in the midst of suffering is the foundation for building a peaceful life. Imagine that you have a mountain of your pain in one hand - and your joy is in the other. *Focus on your joy, even if it is the smallest thing.* Then *build it* – grow and nourish it – *so much*, that eventually your joy towers over your pain.

### **Choose kindness.**

There comes a point when we can learn to feel good, even if we are *struggling*. Our happiness is born from our ability to see *all that is beautiful and good*, AND all that is *painful and unfair* - and to choose to be kind, compassionate, and loving anyway. And, when times are challenging, ask yourself, “What if I could be happy anyway?”

### **Have courage, tenacity, determination. Never give up.**

Sometimes in life there is no break, no quick fix - you must dig deep, and *survive it*. The synergy of love and tenacity is what creates total aliveness.

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## Named One of the “Top 10 Best Speakers” in North America for “Motivation”

— M&C Magazine

### **“What is it that we all want?”**

We want to live with passion, focus and clarity. We want success, genuine well-being... *inner peace*. We want to be powerful in our lives, equipped with the capacity to handle the unexpected, and with the tools to successfully navigate difficult people and challenging circumstances. But it's more than that – we want to feel like we've come alive, that we're living our mission, walking in the world, vital... I specialize in helping people transform their personal and professional lives. You will experience profound results and a lot of heart. I'm all yours.”—Allison Massari

***“I watched as the entire room rose to their feet in a standing ovation. Her work is phenomenal, and life altering.”***

Jessica Chapman Neuroscience Sales  
Global Pharmaceutical Company  
Ranked 127 on the Fortune 500



Allison Massari

❧  
Finding Your "Yes"  
❧

**“When a struggle enters your life, be vigilant in every breathing moment to seek and find the good that is going to come from it. Search with ferocity. Have an unbending belief. Your pain and your devotion will sculpt your spirit and bring you to the ultimate destination—your Self-Mastery.”**

—Allison Massari



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