



ADVICE - GIVE AND RECEIVE

<p style="text-align: center;">Reassurance</p> <ol style="list-style-type: none"> 1. Don't worry. There's no need to worry. 2. What are you worrying about? There's nothing to worry about. 3. You'll/It'll be fine. 4. I can assure you that everything is going to be OK. 5. I will be always here for you. 	<p style="text-align: center;">Giving Advice</p> <p>You could...</p> <p>What you need to do is...</p> <p>Have you tried...</p> <p>If I were you I would...</p> <p>It would probably be better...</p> <p>The sooner you..., the better.</p> <p>If I were in your shoes, I would...</p>
<p style="text-align: center;">Asking for Advice</p> <ol style="list-style-type: none"> 1. What do you think I should do? 2. What do you suggest? 3. Do you have any ideas? 4. What would you do if you were me? 5. I need some advice. I have no idea what to do. 	<p style="text-align: center;">Advice and Guidance</p> <ol style="list-style-type: none"> 1. Recommend 2. Suggest 3. Advise 4. Encourage 5. Warn
<p style="text-align: center;">Emotions and Feelings</p> <ol style="list-style-type: none"> 1. Concerned 2. Worried 3. Frustrated 4. Disappointed 5. Hopeful 	<p style="text-align: center;">Relationships and Communication</p> <ol style="list-style-type: none"> 1. Empathize 2. Support 3. Listen 4. Clarify 5. Resolve
<p style="text-align: center;">Personal Growth & Development</p> <ol style="list-style-type: none"> 1. Reflect 2. Learn 3. Improve 4. Achieve 5. Strive 	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none"> 1. Prioritize 2. Manage 3. Balance 4. Adapt 5. Overcome