

QUICK REFERENCE

- ③ **Be Gentle** → Stay calm, avoid attacks, threats, or guilt trips.
- ① **Act Interested** → Listen, make space, and show you care about their perspective.
- ⑤ **Validate** → Acknowledge their feelings, even if you disagree.
- ④ **Use an Easy Manner** → Stay approachable; relax your tone, posture, and language.

PART 1. PRACTICING GIVE IN IMAGINED SITUATIONS

Think of situations where you want to express yourself without damaging the relationship. Rehearse how you would apply GIVE.

PART 2. USING GIVE IN REAL CONVERSATIONS

Reflect on real-life moments where you applied (or tried to apply) GIVE.

Real Situation / Goal	What I Said / Did	How the Conversation Felt Afterwards

Remember This:

- Even if the conversation didn't go perfectly, trying to use GIVE is progress. Every attempt strengthens your communication skills and makes it easier next time.