

GIVE (building good relationships)



PROGRESS
PSYCHOTHERAPY

GIVE skills are about building healthy relationships for people who struggle with these or find them distressing. They help build meaningful connections

Gentle- be kind and avoid judgements or aggression. Even if the person says no to something or you are worried the relationship is getting more distant. That may not be the case (they could be busy, etc.) and responding with kindness and empathy will help you both feel closer.

Interest- display that you are interested in what the other person is saying. Use active listening and try to avoid practicing what the right thing to say is. That gets you in your head and makes the conversation less natural and deep. Ask follow up questions to show you are interested, try and balance the conversation being about all people involved where possible.

Validate- acknowledge the other person's issues or feelings, even when challenging. For example if they don't want to tell you something as it is too personal say "I understand and that is ok". It's not a comment on how close you are but the topic may be hard. It is ok for them to have their feelings and opinion just like it is for you.

Easy manner- it is ok to find social interaction emotional. But this can be misread by other people who maybe don't have the same strength of feeling when socialising. Use humour if appropriate, smile, remember that not every statement will have a significant meaning behind it. If you are thinking there may be an issue with the person, ensure there is evidence before discussing it. It might have been a miscommunication.