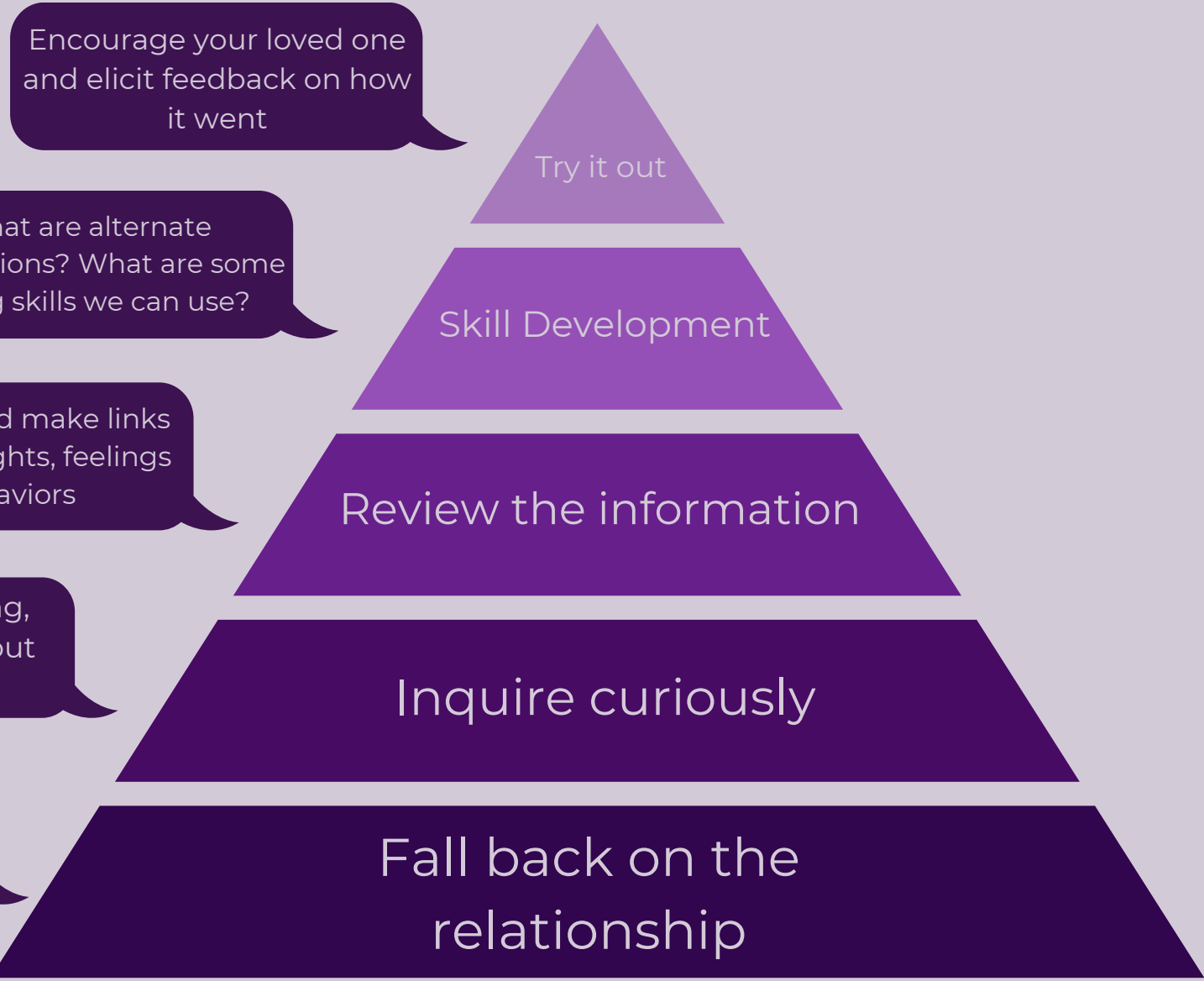


# FIRST SKILLS PYRAMID



Normalize, empathetic befriending, shared goals

Curious questioning, collaboration without collusion

Summarize and make links between thoughts, feelings and behaviors

What are alternate explanations? What are some coping skills we can use?

Encourage your loved one and elicit feedback on how it went

Try it out

Skill Development

Review the information

Inquire curiously

Fall back on the relationship