

GIVE

Building and Maintaining Positive Relationships

G- Gentle:

- Be respectful and kind.
- Don't make threats when asking for things.
 - *"If you don't help me with my homework, I'll fail my class."*
- Don't be judgmental. Don't call the other person names or put them down.
 - *"If you were a good friend, you would do this for me."*
- Be aware of your tone of voice. Sometimes it's not what you say, so much as how you say it that is important.

I- Interested:

- Show interest in what the other person is saying.
- Don't interrupt the other person.
- Maintain eye contact.

V- Validate:

- Validate means to recognize and support the values and truth of something.
- Show that you understand the other person's feelings. Everyone has a right to their emotions and opinions.
- Your validation does not mean you are approving of a situation. It is simply reflecting to someone that you recognize the emotion they are experiencing.

E- Easy Manner:

- Smile.
- Use humor.
- Be aware of our body language.
- Try to be an easy-going person.
- Be light-hearted.

