

## Practice Exercise: GIVE Skills

Due Date \_\_\_\_\_

Choose two situations during the week in which you used your GIVE skills and describe how.

Remember **GIVE** . . .

(be) **G**entle

(act) **I**nterested

**V**alidate

(use an) **E**asy manner

### SITUATION 1:

With whom are you trying to keep a good relationship? \_\_\_\_\_

What was the situation in which you chose to use your GIVE skills? \_\_\_\_\_

\_\_\_\_\_

What was the outcome? \_\_\_\_\_

\_\_\_\_\_

How did you feel after using your skills? \_\_\_\_\_

\_\_\_\_\_

### SITUATION 2:

With whom are you trying to keep a good relationship? \_\_\_\_\_

What was the situation in which you chose to use your GIVE skills? \_\_\_\_\_

\_\_\_\_\_

What was the outcome? \_\_\_\_\_

\_\_\_\_\_

How did you feel after using your skills? \_\_\_\_\_

\_\_\_\_\_

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