I CARE Core Skills

Inquire
- “How are you doing?”
- “Tell me more about that…”
- “I notice . . . (pattern, change, content, intuition)”

Connect
- Remove distractions
- Pay attention to your body language

Acknowledge
- Microphone and spotlight
- WIG (What I Got) – summarizing what the speaker says
- “It sounds like…”
- “I’m hearing that…”

Respond
- “I feel concerned about you.”
- “I want to get you the help you need.”

Explore
- “Can I give you some advice/suggestions?”
- “Have you thought of ways to cope with this?”
- “Have you considered talking to someone about this?”