

# 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?”