
This tipsheet focuses on providing strategies on how to build empathetic communication, build confidence when approaching difficult conversations about education and career choices and to identify symptoms of anxiety and how to manage them.

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example, I feel _____ when _____. www.traumacentral.net/i-statements.htm

Find a common ground by spending time thinking about your own values and where they overlap with those of the people closest to you.

Empathy includes the:

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