

Best Friend Advice

Use this when you can see it more clearly for somebody else than for yourself.

1 WRITE THE SITUATION

What is happening?

2 MAKE IT YOUR FRIEND'S STORY

They tell you this exact same thing.

3 WHAT WOULD YOU TELL THEM

Advice, reassurance, questions - whatever comes naturally.

4 COMPARE THE TONE

Would you talk to your friend the way you are talking to yourself?

5 BORROW YOUR OWN WISDOM

What part of your advice could help you too?

MISSY SAYS

Sometimes your wisdom shows up faster when you think you are giving it away.

