

FRIENDS

ASK

What do you think Missy needed from her friend in that moment?

NOTICE

Let her describe the relationship before you define it.

TRY

Use Facts vs. What My Brain Added if the story is unclear.

SCHOOL

ASK

What part of this school situation would feel hardest for Missy?

NOTICE

Do not jump straight to grades or consequences.

TRY

Pick one next move: DO, HELP, WAIT, or WHAT IF.

HOME

ASK

What do you think Missy wishes the adults understood?

NOTICE

Understanding does not require agreeing with every conclusion.

TRY

Borrow one sentence from Words I Can Borrow.

FEELING LEFT OUT

ASK

What might Missy be telling herself about why she was left out?

NOTICE

Separate the event from the meaning she adds.

TRY

Facts vs. What My Brain Added.

EMBARRASSMENT

ASK

What do you think Missy wants to do right after this happens?

NOTICE

Notice the urge without making it the action she must take.

TRY

Reset First, then decide.

ASKING FOR HELP

ASK

What would make HELP feel easier or harder for Missy?

NOTICE

Do not make independence the goal.

TRY

Name one safe person she could ask.

FEELING MISUNDERSTOOD

ASK

What does Missy actually want the other person to understand?

NOTICE

Do not force a full explanation if one sentence is enough.

TRY

Words I Can Borrow.

SAYING NO

ASK

What do you think Missy is afraid might happen if she says no?

NOTICE

Do not assume fear means the answer should be yes.

TRY

Practice one clear sentence.

PEER PRESSURE

ASK

What would make it hard to choose differently from the group?

NOTICE

Keep belonging and choice in the same conversation.

TRY

What options does Missy still have?

BIG FEELINGS

ASK

What clues show you this is a big-feeling moment for Missy?

NOTICE

Do not require a perfect feeling label.

TRY

Reset First or I Don't Know What I Feel.

MISTAKES

ASK

What actually needs fixing here?

NOTICE

Do not turn a mistake into “this is who she is.”

TRY

One repair. One next move.

FUTURE STUFF

ASK

What part of the future seems exciting—and what part feels like pressure?

NOTICE

Do not make a teenager produce a five-year plan.

TRY

Future Me: one small step, not the whole map.