1 “I DON'T KNOW.”

WHEN

She gives you nothing—or genuinely does not know.

TRY

“Want to look at a Missy page instead of talking about you?”

AVOID

Turning “I don't know” into a demand for a better answer.

2 SHE'S OVERWHELMED

WHEN

Everything feels urgent and mixed together.

TRY

“Do we need DO, HELP, WAIT, or WHAT IF?”

AVOID

Solving all four categories for her.

3 SHE MADE A MISTAKE

WHEN

She is embarrassed, defensive, or calling herself names.

TRY

“What needs fixing? What can you do next?”

AVOID

Turning one mistake into a character lesson.

4 SHE DOESN'T WANT TO TALK

WHEN

She is quiet, guarded, distracted, or done for today.

TRY

“We can just hang out. Want a comic, a tool, or neither?”

AVOID

Making disclosure the price of your attention.

5 FRIEND DRAMA

WHEN

There is conflict, gossip, exclusion, or a confusing text.

TRY

“What do we know happened? What are we guessing?”

AVOID

Automatically deciding who is right or wrong.

6 SHE WANTS ADVICE NOW

WHEN

She asks, “What should I do?”

TRY

“Want my thoughts, or do you want help sorting your options first?”

AVOID

Using advice to take over the decision.

7 SHE KEEPS REPLAYING IT

WHEN

The same moment keeps looping.

TRY

“What part still needs attention: DO, HELP, WAIT, or WHAT IF?”

AVOID

Treating repetition as proof the worst guess is true.

8 SHE NEEDS ANOTHER PERSON

WHEN

The issue is too big, unsafe, or outside your role.

TRY

“This sounds like a HELP situation. Let's get the right adult/support involved.”

AVOID

Trying to become the only support system.