



Because Everyone Deserves a
Healthy Relationship

Love Is Advocacy Institute
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Austin, TX

The Four Stages of Helping

1. Just listen
2. Ask questions
3. Provide supportive suggestions
4. Make a plan together and reflect

Let's Practice

- What is something that you are currently struggling with that you could use some advice on?

Debrief

- What was most difficult part about that process?
- What are some takeaways?
- What will you need to practice?