

GIVE SKILLS

This skill is specifically focused on improving current relationships with a focus on validation and a gentle approach. It can be difficult to consider that those around us are also adjusting to change and experiencing strong emotions related to parenting or to having a new baby enter the home.

Example: Consider a mom who is tired and overwhelmed and is often responding to the baby's cues first, while her partner tends to defer to her and often allows her to run the show. She begins to get frustrated and sees the partner as disinterested and lazy, while the partner is actually feeling rather anxious and worried about upsetting the mom. How can this mom use GIVE to discuss the need, keeping in mind the relationship as the priority of the interaction?

