

## FIRST Skills

### F-skill

- **Fall back on the relationship**
  - Normalization
  - Empathic befriending
  - Shared goal

### I-skill

- **Inquire curiously**
  - Curious questioning (Ask questions; Drop assumptions; Keep an open mind)
  - Collaboration without collusion

### R-skill

- **Review the information and put it together**
  - Summarize what your loved one has told you
  - Make links between thoughts, feelings, and behaviors for your loved one

### S-skill

- **Skill development**
  - Address thoughts by looking at evidence to support the thought and other ways of thinking (e.g., “What are different explanations/possibilities?”)
  - Address behaviors by developing coping skills

### T-skill

- **Try out the skill and get feedback**
  - Encourage your loved one to try out the skill
  - Elicit feedback from your loved one to find out how it went

Adapted from Hardy, K., Eisen, K, Kharrazi, N. (updated November 2020)