

The 'OARS' Model suggests four core skills we can all use: Open-ended questioning, Affirming, Reflecting, and Summarizing.



OBSERVATIONS YOU MIGHT NOTICE:

- They are more irritable than normal
- Decreasing their social activity
- Using displaced sarcasm



OPEN ENDED QUESTIONS

I am concerned about you, help me understand what might be causing you to be more irritable?

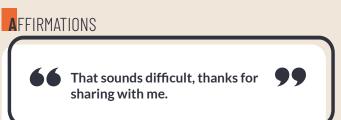


Here's what I've heard, is there anything I have missed?

SUMMARY

OBSERVATIONS YOU MIGHT NOTICE:

- Anxiety, Anger
- Trouble making decisions
- Avoidance and withdrawal





I notice that you seem to be avoiding going out, can you tell me what might be stopping you?



REFLECTIVE LISTENING

It sounds like this is very stressful for you, can I help you connect with your mental health professional?



OBSERVATIONS YOU MIGHT NOTICE:

- Easily enraged or aggressive
- Alcohol, gambling or other addictions
- Suicidal thoughts



Thank you for trusting me to share your thoughts and feeling with me, proud of you for taking this step.

OPEN ENDED QUESTIONS



The thoughts you are experiencing are very serious, what have you tried before that helped you through these feelings?

"

REFLECTIVE LISTENING

It sounds like you are feeling a lot of distress and your thoughts are taking you to a dark place, I won't leave you until we come up with a solution together.





So I am going to call 911 and wait with you, then we will go from there.

- 77 -