

OFFERING HELP AND SUGGESTIONS

- I know how to do certain things well.
- I like to see those things done right.
- Sometimes it is not my job to do a task.
- Sometimes it is someone else's job.
- When it is someone else's job, I can ask if they want a suggestion.
- If they do not, I need to focus on _____ to calm down.
- I can tell myself, "*It is not my job.*"