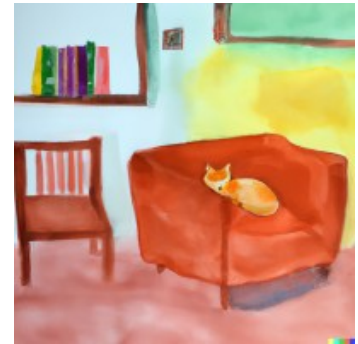


Quick Guide: Sanfte Impulse in der Beratung auf Englisch



Kultursensibel kommunizieren im psychosozialen Gespräch –
Respekt vermitteln, einladen und Raum geben.

Direkte Sprache	Sanfte Alternativen	Beispiele
You can... You could... You should... You have to... I'd recommend... It's better to...	I'm wondering if...	I'm wondering if it might help to look at this from a different perspective.
	Have you thought about...	Have you thought about talking to someone you trust about this?
	Would it make sense to...	Would it make sense to explore this a bit more before we move on?
	How about...	How about we come back to this next time – if that feels more manageable for you?
	Some people find it helpful to...	Some people find it helpful to keep a journal to track their emotions.
	Sometimes it helps to...	Sometimes it helps to take a step back and look at the bigger picture.
	It might be worth considering...	It might be worth considering a different approach.
	May I make a suggestion? – How would you feel about...?	May I make a suggestion? – How would you feel about trying this as an experiment between sessions?