

Support a Friend Through Hard Times



Turn "being there" into a system — the exact words to say, practical help that actually gets accepted, and a long-haul care calendar — with your Relationships Ally.

- **Scripts for the hard moments:** death, illness, breakup, job loss — what to say, what to avoid, and when to just show up.
- **A practical help menu:** specific offers people actually accept — not the vague "let me know if you need anything" nobody answers.
- **A long-haul care calendar** so you keep showing up at week 3 and month 2 — exactly when everyone else has gone back to normal.

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