

Always remember to

ASK TWICE

How are you?

Yeah, good thanks

How are you really?

...

When you do ask... don't be afraid to ask twice!

When we ask someone how they are, they typically respond with “I’m fine, thank you”, or “I’m good thanks”. **If you ask twice, you might get a different response on the second attempt** because you are signalling that you are not asking out of politeness, or as a conversation starter, **you are asking because you care.**