**Group One:**

I. Vocabulary to look up:
Apt, imply and implication, complexity, critical

II. Read about the two barriers of advising and criticizing.

III. If you have had personal experiences with these barriers, share with your group.

IV. Be ready to share the definitions and examples. Include examples that were shared in your group.

1) **Advising**

   a. We give the other person a solution to their problems. The advice-giving trap is a rather constant temptation to us, and we find we are most apt to give in to it when someone we love talks over a problem with us.

   b. Advice is often a basic insult to the intelligence of the other person. It implies a lack of intelligence in the capacity of the person to understand and cope with his or her own difficulties.

   c. Another problem with advice is that the advisor seldom understands the full implications of the problem, the complexities, the feelings, and other factors that lie hidden beneath the surface.

2. **Criticizing**

   a. Many of us feel we need to be critical, or other people will never improve i.e., parents, teachers, bosses, coaches, etc. For some people, criticism is a way of life. We make a negative evaluation of the other person, for his or her actions, or attitudes.

   b. For example: "You brought it on yourself"; "You've got nobody else to blame for the mess you are in."; "That's really immature."