

# ENUF Principle

## A Reference Document



MY FAVE FIVE

Holding the following principle in front of you as you are talking to someone who has reached out to you to be one of their FAVE FIVE can significantly enhance every interaction.

ENUF is a framework that can be applied whenever an individual presents with emotions about an event or interaction.

E



N



U



F

**E = Empathizing** It is the concerted effort to gain an accurate perception of another's experience and then to share that perception in one's own words, style, and manner. *Empathizing is an interactive experience.* It is done by bringing oneself to be focused on the distressed teen by making an effort to experience how it is for her/him, to ask if you're getting it right and then reflect back that perception in your own words. All we can do is really try to know. And, this feels good to the individual even when they are experiencing awful feelings about the event/crisis.

**N = Non-judgment** It means being truly neutral. It is not our job to determine if the feelings being presented are right or wrong, good or bad, functional or dysfunctional. The feelings are just feelings and are very likely very understandable given the circumstances.

**U = Unconditionally** Refers to a belief about people and the human experience. It is to believe that being cared for, valued and respected is a human birthright, and is therefore given without ifs, ands or buts.

**F = Focusing on Feelings** When the individual is able to express their feelings and having them be heard...this can help a change process start to take place.

*“Express empathy and offer to help them connect to people who can help with how they’re feeling. Work with them to develop a plan to get help, then follow through until they are connected.”*

Dr. Kevin Gilliland, a clinical psychologist and director of Innovation360 in Texas