

Call a Psychiatrist – Giving Advice



I dream about being a pilot,
but I hate flying!

I have a serious phobia of
plants and my roommate has
just bought one.

I always burn my food
because I don't pay attention
when cooking.

My mother calls me at least 5
times a day and it's
interfering with my work.

I can't stand being around
other people. Everyone is so
superficial.

I'm the best at everything. In
fact, I'm perfect.

One time when I was younger
I got lost in a zoo and now I'm
terrified of all animals.

I can't sleep. I've been awake
for 4 days!

I'm a painter, but never seem
to finish anything that I've
started. My house is full of
unfinished paintings of cats.

I'm pretty sure there is a
monster living in my
wardrobe.

My memory is terrible. I can't
even remember the day of the
week!

I clean my house every day for
hours, but everything is still
so dirty!

The only person I can trust is
my pet parrot.

After a lot of consideration, I
have decided to sell my house
and live on the street.



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If I were you...	Why don't you...?
Have you tried...?	In my experience, ... works really well
If I were in your shoes, I would / wouldn't...	Have you thought about...?
In this kind of situation, I always recommend...	You have no choice but to...
Maybe you should / shouldn't...	It's generally a good idea to...
Your only option is to...	The sooner you ... , the better
Make sure you (don't)...	I'd suggest...

