

Ideas on How to Gently Refuse Advice:

- I can hear how confused you are about what to do. While I don't know the best option for you, I am here to listen, and to try and understand it with you
- This sounds entirely overwhelming for you, and I hear how you're desperate for an option. Do you think it's helpful to keep talking it out with me?
- Unfortunately, I am not in a position that I can give you advice, even though I know how desperately you are wanting direction. Do you have anywhere else to go for guidance right now?
- I can hear that this choice is really challenging for you to make. I'm wondering, how have you made choices like this in the past?
- Sounds like you are completely overwhelmed by this decision. Is there anything I can offer you to help you work through this? (info, resources, list pros/cons)
- That is a really tough place to be, wanting answers and not knowing where to turn. Can I offer some information or a resource to support you in a decision?
- I can hear how desperate you are for a solution, and I wish I could tell you what to do to fix it, but I just don't have the answers :(
- I can't really answer that question, as I don't know what the best thing would be for you in your life.
- If a friend was telling you this, what would you advise them to do?
- Have you thought of some things you might try? If you'd like, you can bounce some ideas off me to see how they feel when you say them 'out loud'.