

# Train of thought



He seems distracted.

She hasn't replied to any of my emails.



I'll have a quiet word with them when we're on a break and ask 'Are you OK?'



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It's not like them to shout.



He doesn't seem to be taking care of himself.



I'll text an invite to meet after work and ask 'Are you OK?'

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I wonder how they're doing?



I haven't seen him for a few days.



I'll invite her for a cuppa  
and ask 'Are you OK?'

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I've noticed she seems under the weather.



He hasn't returned any of my texts.



I'll have a quiet word with them at lunch and ask 'Are you OK?'



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