

WORDS MATTER

Ineffective Language

What is *wrong* with you?

Why do you keep *doing* this to yourself?

But you have so much *going* for you!

I just don't *understand* you!

Why can't you *forget* about it?

Come on, it's not *that* bad!

Don't you know I *love* you?

You **SHOULD** think better of yourself.

You **SHOULDN'T** feel that way.

You **SHOULDN'T** think like that.

You **SHOULD** try harder.

DON'T feel that way!

DON'T think that way!

DON'T you see how much you've got going for you?

DON'T do this to yourself.

CAN'T you get over it?

Effective Language

I hear you. Do you want to talk about it?

I hear you and I feel concerned. How can I help?

I believe in you. How can I help?

I'm here for you. What do you need from me?

I know it's hard, and I hear you. Would it help to talk about it?

I hear your pain. Is there anything I can do?

I love you.

You are important to me.

I honor your feelings.

I'd like to know what you are thinking.

How can I best support you?

I honor your feelings.

Would you like to tell me about it?

I love you and I feel concerned. Would it help if I sat and listened to you for a while?

You are important to me. It's hard to see you going through this. How can I help you?

Would it help to talk about it?

CAN'T you see what this does to me?

I care for you and feel concerned.

CAN'T you see what this is doing to our family?

We are all concerned about you. Let us know what we can do.

CAN'T you forget about it?

I know it's hard. How can I help you get through this?

You're too emotional.

I appreciate your sensitivity. How can I help?

You know what your problem is?

I believe in you. You are important to me.

I just don't understand you!

I care about you and I feel confused. Do you know what might help?

Cheer up.

I hear you.