

# Words that Work



## Instead of saying

## Say this instead

That's enough



I'm here for you

Calm down



How can I help?

You're okay



Are you okay?

Stop yelling



What's going on for you

Don't get upset



I can see you are sad/mad

I can't deal with this/you



I'm here if you need me

I need a break from you



Can we take a deep breath together

Pull it together



Which calming strategy would work for you right now?

Why are you so upset?



You seem upset. Do you need to talk about it or take a break?

You're overreacting



I can see this is really upsetting

Stop whining



Is there a word that matches how you feel right now

You need to deal with this



We'll get through this

