# Say this, not that

Keep it on the fridge, or give a copy to the family.

| Instead of | Try |
|---|---|
| “You just need some exercise.” | “What feels manageable today?” |
| “You were fine yesterday.” | “Yesterday may be costing you today. What would help?” |
| “Have you tried this diet?” | “Do you want ideas, or shall I just listen?” |
| “We all get tired.” | “That sounds like a different kind of tired.” |
| “Can you just come for an hour?” | “Would ten minutes, or a video call, work better?” |
| “How can I help?” | “Shall I cook tonight, or do the school run?” |
| “Don’t be silly.” | “That sounds hard. What’s making you feel that way?” |

## Validation in four steps

- [ ] Notice: stop, look at them, let them finish.
- [ ] Name it: “You look shattered.”
- [ ] Make sense of it: “After this week, of course you are.”
- [ ] Ask: “What would help most right now?”

**When it goes wrong:** “That came out wrong. I’m sorry. I do believe you.”

**Our own phrases (fill in together):**