

# Validating Feelings - What to say to someone who is feeling:

Hurt	Angry	Scared	Guilty	Generic
That must have been very hard for you.	I'd be angry, too!	That must have been really scary.	Getting help is a brave thing to do.	You are very strong to talk about this.
It's okay to be sad.	Wow! I think it's okay to be steaming mad!	It sounds like you were really scared.	Things that have happened to us influence who we were, but we can choose where we go from here.	Getting help is a brave thing to do; I'm glad you are talking about it.
It's okay to cry.	You have every right to be angry	I'm glad you're safe.	It's painful sometimes when we realize things about ourselves that we want to change. You're very strong to want to work on this.	You've done a good job of thinking things through.
I'm sorry this happened to you.	You have every right to be angry, but I'm feeling like you're taking your anger out on me.	You did a great job at keeping yourself safe. I'm glad you are okay.	It sounds like you really care about school and you are really trying hard.	You are making some healthy choices.
You might have good days and bad days, but just because you have a bad day, doesn't mean that all is lost.	It sounds like you're trying to think things through so that you can express your feelings in a healthy way.	Sometimes when we know and understand more about a problem, our fear becomes less and we can face the problem without being so afraid.	Sometimes it's easier to forgive someone else than it is to forgive ourselves. I'm glad you told me about this.	Sometimes it's scary to make decisions. I respect you for really thinking things through.
I think I'd have just started crying right there. Ouch—that must have hurt!	You don't deserve to be treated that way.	When we have help, we don't have to be as afraid.	The mistakes of our past can have no power over us if we are willing to learn and to change.	What helps you feel better about things?

