

For the fridge

Instead of... Try...

Old phrases slip out, especially on hard days. Keep these gentle swaps where you'll see them.



INSTEAD OF

~~"Stop crying."~~

TRY

"It's okay to feel sad. I'm here."

INSTEAD OF

~~"Calm down!"~~

TRY

"Let's take three slow breaths together."

INSTEAD OF

~~"You're fine."~~

TRY

"That looked scary. Want to tell me about it?"

INSTEAD OF

~~"Don't be dramatic."~~

TRY

"That feels really big to you."

INSTEAD OF

~~"Be nice and share."~~

TRY

"You can say no kindly."

INSTEAD OF

~~"Go give Grandma a hug."~~

TRY

"Would you like to hug, high-five, or wave?"

INSTEAD OF

~~"Because I said so."~~

TRY

"Here's why, and I'm listening."

INSTEAD OF

~~"What's wrong with you?"~~

TRY

"Something feels hard right now. I'm here to help."

When you slip, repair out loud

"I'm sorry I yelled. Let's try again."

"I was wrong, and I want to make it right."

"Thank you for telling me how you feel."



Progress, not perfect. Showing up again is the whole point.

