"You are not alone."

"It sounds like you’re saying . . ."

"It sounds really hard . . ."

"It is such a tough thing to go through something like this."

"You have been through a lot, it is normal to feel . . ."

"From what you’re saying, I can see how you would be . . ."

"People can be very different in what helps them to feel better. When things get difficult, for me, it has helped me to . . ."

"It seems that you are . . ."

"Who are supporters that you have here or at home?"

"It sounds like you’re being hard on yourself."

"I have an information sheet with some ideas about how to deal with difficult situations. Maybe there is an idea or two here that might be helpful for you."

"Do you think something like that would work for you?"

"No wonder you feel . . ."

"Are there any things that you think would help you to feel better?"

"I’m really sorry this is such a tough time for you."

"What have you done in the past to make yourself feel better when things got difficult?"

"We can talk more tomorrow if you’d like."