

**“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.”**