# Decoding Feelings – ADULTS

| Comment | Common Adult Response | Decoding Response |
|---|---|---|
| I am sick and tired of this crap | | |
| I don't have time for this | | |
| I am just going to home school him | | |
| Some of us actually have to work for a living | | |
| If you people just did your job I might actually be able to do mine | | |
| I guess I just suck at being a parent | | |
| You think I don't try<br>You try raising him | | |
| This is the tenth time this year. Maybe you should just call DCF and tell them to take her. | | |