

Quick Reference

"What to Say"

Below are sample relationship-based responses to use when working with a dysregulated and stressed-out student:

- "Help me to understand what's going on. It looks like you're really struggling."
- "I hear you."
- "No, that's not fair."
- "You have every right to be upset."
- "I'm listening ... what happened next?"
- "I had no idea this was so hard for you."
- "You're not in trouble ... tell me more."
- "I'm not mad at you. I simply want to understand you."
- "School's tough."
- "I don't blame you ... it's hard having people in charge of you."
- "This is too big to keep to yourself. Can you share it with me?"
- "What do you need right now?"
- "How can I help?"
- "It doesn't feel like they trust you, does it?"
- "Looks like this is a much bigger deal than I thought."
- "Your perspective is important to me."
- "I'm here to help you. Let's figure this out together."
- "Let's step outside together and work this through."
- "Stay with me, Billy. Let me help you regroup."
- "I'm here to help you get this put away."
- "I'm here to listen, but right now let's get back on task. We can talk this through after class."
- "I believe in you, no matter how you feel."
- "How did that make you feel?"
- "Give yourself permission to have your voice. I'm listening."
- "You don't have to be alone in this."