

You're a survivor! Or, You survived!	11
You don't deserve that.	7
Your strengths are...	7
It wasn't your fault	5
What was that like for you?	4
How frightening that must have been for you!	3
How can I help?	3
How did all that make you feel?	3
This must be difficult for you.	2
I understand.	2
What do you need from me now?	2
I think you probably did the best you could in the situation.	2
I hear you..	2
One of the things I appreciate is your resilience.	2
I know you were doing what you needed to.	2
You can come to me anytime.	1
How is this affecting you.	1
What can I help you with?	1
Do you need anything right now?	1
Let's get help.	1
You did the best you could	1
What do you need to feel safer?	1
What would you like to see happen?	1
Don't be so hard on yourself.	1
What do you hope for?	1
Sorry you have to go through that.	1
I'm sorry that this happened to you.	1
It was not your fault.	1
That must be difficult.	1
Tell me more so I can better understand you.	1
Can you tell me more?	1
Can I help you do some problem solving?	1
You're not alone.	1
What do you need right now?	1
How can I help you get through this	1
I'm sorry to hear that	1
How do you feel about it?	1
I hear what you're saying..	1
That must be very hard to deal with.	1
There is good in everyone	1
What does safety mean to you?	1
Let me listen to your story.	1
Can you talk about that?	1
It sounds like you miss [fill in]	1
That must have been hard..how did you get through it.	1
Let's explore the choices you have..	1
I believe you.	1
I have the time—what can I do for you?	1
Tell me--how is it that you are responsible for someone else's behavior? [it's not your fault]	1
I know it feels awful right now--and I know because you have made it so far, the strengths you have will help you make it through this.	1
Tell me more.	1
I hear what you are saying...	1
I am here for you.	1
I hear what you are saying.	1
I pray for you.	1
Uh huh...	1
Do you feel safe right now? [only works if someone knows what safety is]	1
Tell me what happened.	1
It will get better.	1
What do you want to achieve?	1
That must have been very difficult.	1
How are you feeling?	1
Don't blame yourself	1

That must have made you feel bad.	1
It sounds like you did your best.	1
How can we be more supportive?	1
Forgive yourself	1
Most people would have that reaction—it's normal!	1
What would make you feel more comfortable	1
That must have been scary for you!	1
Many people who are not as strong as you would not have made it.	1
I know this [month] is likely to be difficult for you—how can we make it easier?	1
I care about you and about what happened to you.	1
I want to do my best to help you feel better about this.	1
No wonder you have nightmares! Any healthy person would.	1
I see your strengths.	1
Tell me, what has helped you survive this?	1
How do you think others might have handled this?	1
Tell me how that was for you.	1
I am so sorry that happened to you and I am so glad you are here.	1
I can't imagine how you went through that	1
Take your time-- we can talk about that when you're ready.	1
People experience similar events differently--everyone is unique!	1
You're very courageous/brave	1