

What do I say when someone I love is struggling?

You don't need the perfect words - you need to help them feel heard

They share something



You show you're listening



They feel safe

Your role is not to fix it - it is to help them feel less alone.



Reflect

Say it back to them in your own words

- That sounds stressful
- You've had a lot to deal with
- You're feeling anxious

Shows: I hear you



Clarify

Ask one question

- What's been the hardest?
- How did that feel?
- Do you want to say more about that?

Shows: I care



Encourage

Small signals to keep going

- Yeah
- I see
- Mm-hmm
- That makes sense

Shows: I'm here

What helps most

- ✓ Listen without fixing
- ✓ Let them set the pace
- ✓ Stay calm and present
- ✓ You don't need perfect words

Shows: You matter

What can shut it down

- ✗ Jumping straight to advice
- ✗ Saying things like "it's not that bad"
- ✗ Taking over the conversation
- ✗ Trying to fix everything quickly

Shows: I'm here with you



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Supporting someone takes practice
Being present matters more than being perfect.



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