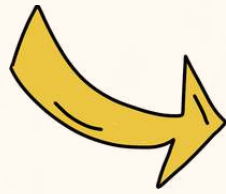


WHEN YOU SAY...



WHAT I HEAR...

www.SocialWorkersToolbox.com

 **WHEN YOU SAY**
"Calm down"

I HEAR
"Stop feeling"



 **WHEN YOU SAY**
"You are fine"

I HEAR
"Don't talk about it"



 **WHEN YOU SAY**
"Behave"

I HEAR
"You are too much"



 **WHEN YOU SAY**
"You know better"

I HEAR
"You've failed"



 **WHEN YOU SAY**
"Stop crying"

I HEAR
"Your feelings are a problem"



Words land differently on children. They hear meaning, not intention.



**SAY WHAT YOU WANT TO TEACH,
NOT WHAT YOU WANT TO STOP.**