

## BE OPEN TO CONVERSATION

You've been through a lot. Do you want to talk about what happened or how you're feeling?

## BE EMPATHETIC

You've had a tricky time. It must be tough to go back to normal right now and feeling all of these emotions.

## BE PATIENT

It's okay if you don't want to talk about this right now.

## IT'S OKAY TO FEEL UPSET

You've been through a lot lately and it must have been so painful. It's completely understandable to be feeling upset. I think I would feel that way too.

## THESE FEELINGS WILL PASS

Things are really hard right now, and you may not be feeling yourself. You won't always feel this way.

## THE SCARY EVENT IS IN THE PAST

You may still feel upset, but the scary event is in the past. The world is safe and you are out of danger now.

