SAYING THE RIGHT THING

Responding to anxiety in a way that helps, not hurts.

Instead of this...

"Don't be anxious, you're fine".

"There's nothing to worry about right now. You can't control any of that. Take it one day at a time."

"If you just get it done now you won't be anxious about it after."

"God says 'Don't be anxious about anything.' He's got this, don't worry."

""Have you tried.....?"

"Don't get frustrated with me, I'm trying to help you."

Try this...

"Feeling anxious sucks. Tell me more about what you're feeling right now."

"I know, that you know ,you can't do anything about that just yet, but it still feels scary. I hate the feeling of doom approaching without believing I can do anything about it. It's hard."

"What do you need in this moment to help soothe you? I know the anxiety may not go away, but what will help you be kind to yourself in this moment?"

"I know God wants us to have peace but sometimes that feels really hard to do. He knows that and has grace for it. Can we pray together for God to help your anxiety and bring back peace? Maybe we just need a good reminder that when we are weak, He is strong. I know I do."

"I know you've tried to fix the anxiety on your own. Has anything helped? Can we try that again right now? If not, what would be helpful from me? I can help brainstorm but I can also just sit with you." Whatever you need.

"I know this is frustrating, I'll give you some space but I"m here if you need me."