



27 PHRASES THAT BUILD EMPATHY AND DISSOLVE

Power Struggles

TRANSITIONS AND ON THE GO

What if we try _____?

You have two choices

Tell me what you need to do

FIRST.

Let's plan when we're going to do
that (and then follow through!).

Now it's time to go to

_____, I'd love to do

_____ later.

It's hard to stop playing!

WHEN EMOTIONS ARE HIGH

Let's breathe together and try again.

Let's think for a minute and then
decide.

You feel really strongly about that!

I'm listening.

I understand.

What I heard you say is _____.

I'll give you a minute.

Let's push a pause button.

ANYTIME

I understand.

How are you feeling?

What do you think?

It's up to you!

Let's find a compromise.

Should we take a vote?

Let's work on this together.

It's OK for us to disagree and I
still need you to

_____.

What can I do to help?

It's your call!

Would you like to do that alone or
have my help?

When you do _____ then you
can do _____.

You really wish you could

_____.



CONFIDENT & Connected

