



Annex - The words we choose

Print these sentences and place them face down on a table or a flat surface

Something is not right	You are not the person you used to be
You are losing control	You can't keep going like this
This isn't like you	You are not taking this seriously
You need to get back on track	This is becoming a pattern



Annex - The words we choose

Print these sentences and place them face up on a table or a flat surface

 Shut down	 Defend yourself
 Withdraw	SHAME 
ANGER 	FRUSTRATION 
DISENGAGEMENT 	FEAR 
LOSS OF TRUST 	



Annex - The words we choose



Words that convey JUDGEMENT

- always/never
- wrong
- lazy
- careless
- problem
- unacceptable
- failure



Words that convey CURIOSITY

- help me understand...
- What made this difficult?
- How...?
- What do you think?
- What is behind this?
- Can you tell me more about...?
- What...?

Words that convey ASSUMPTIONS

- you always...
- you never...
- obviously
- clearly
- I know that you...
- you don't care
- you are not trying



Words that convey OBSERVATION

- I have noticed...
- I see that...
- It seems like...
- I have observed that...
- Lately...
- There have been a few times...
- In the last few days/weeks...

Words that convey BLAME

- your fault
- you caused
- you should have
- why didn't you
- you must
- you have to
- you need to fix this



Words that convey SUPPORT

- how can I support you?
- we can look at this together
- let's find a solution
- what would help you right now?
- we can take this step by step
- you're not alone in this
- I'm here to help