

# Micro-Scripts for Hard Moments

**Safety first. Regulation before reasoning.**

Short phrases for moments that feel emotionally big.

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**Calm language can lower pressure without removing the boundary.**

## When it is escalating

“ I can see this is hard.

“ You are not in trouble.

“ Let us pause first.

## When the answer is no

“ You can take a break.

“ Would A or B feel easier?

“ I am holding the boundary calmly.

## What this communicates

- Safety before shame
- Regulation before reasoning
- Support without rushing

**Connection first. Then direction.**

# Keeping Expectations Without Increasing Pressure

## Reducing urgency without removing support

Short phrases for moments that feel emotionally big.

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### Same expectation, softer pathway

- “ Same goal. Smaller step.
- “ Not yet does not mean not ever.

### Respond now or later?

- “ Pause before urgency takes over.
- “ Not everything is urgent.

### Support before pressure

- “ Connection first.
- “ Predictability helps.

### What this page communicates

- Pressure is not the same as progress
- Smaller steps still count
- Support should increase access - not fear

# Language Changes the Feeling of Support

**Small wording changes can shift the emotional experience.**

Short phrases for moments that feel emotionally big.

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## Instead of saying...

"Calm down."

"You are fine."

"Stop overreacting."

"Why cannot you just..."

## Try saying...

"You are safe."

"Let us slow this down."

"We can do this step by step."

"I will help you start."

## What calm language communicates

- Safety before shame
- Boundaries without panic
- Support without pressure

**Connection first. Then direction.**