

Don't say:

"You need to relax
and breathe"

Say instead:

"Having a normal
emotional reaction"

Don't say:

"I get sad
sometimes

Say instead:

"My depression is
different from

Don't say:

"Tomorrow is a new day."

Say instead:

"I understand you have been really busy."

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Don't say:

"But your life is so good!"

Say instead:

"I had no idea you were feeling this way. I support you and I am here for you."

Don't say:

"Push through it!"

Say instead:

"I want to help you find
the strength to