

When People Say the Wrong Thing

Deal with the clumsy things people say, and find the ones who get it right.

WHEN TO USE THIS

Use this after a conversation that left you worse than before it started.

Tick any you have heard.

- ☐ At least they are not suffering now
- ☐ Everything happens for a reason
- ☐ You are so strong
- ☐ Time heals
- ☐ They would want you to move on
- ☐ Let me know if you need anything
- ☐ How are you? asked while walking away
- ☐ Nothing at all, or crossing the street

Which one landed worst, and what did it leave you feeling?

Three short lines you can use to end a conversation you do not want.

Try: I cannot talk about it today. Thank you for asking.

1.

2.

3.

Who has got it right? What did they actually do?

Most people mean well and say it badly. You do not owe anyone a conversation you cannot have.