

## Phrases that convey support and empathy to an upset partner:

- "Wow, this really seems to be making you feel upset/angry/stressed/overwhelmed/hurt..."
- "I want to hear more about what happened"
- "Tell me more about how this made you feel"
- "Is there anything I can do I be helpful?"
- "I know you can overcome this"
- "I have seen you handle much worse, I know you are going to make it through this"
- "It doesn't sound like today went very well for you"
- "What part of this is most upsetting to you"
- "I love you and am so proud of you for getting through this"
- "What a crappy situation, I wish I could erase it all for you"
- "I've felt that way before, it sucks to feel that way"
- "I can't believe you look as beautiful as that after the day you've had"
- "Can I give you a hug?"
- "I just love you so much, I hate to see you upset."
- "What would make you feel better right now?"
- "I'm here for you, whatever you need, you've got it"
- "Why don't you take some time for yourself, I'll take care of dinner/the kids/the laundry/the bills/the trash"
- "I'm sorry I did that to you"
- "I'm sorry if I did something to make your day worse"
- "I'm sorry you are feeling this way, it hurts me to see you this upset"
- "I know this situation is upsetting you, but I believe you are capable of handling this like a Rockstar"
- "I can't wait to hear how you overcome this"
- "You are such a strong husband/wife/man/woman for getting through that"
- "I want the best for you, and I know you can rise above this"

Want to have an even greater effect? Try saying this with a hug or hand on the shoulder.