

Empathic statements you can say...

How are you feeling?

I hear you.

I don't even know what to say but I just want you to know that I'm with you and you are not alone.

Loneliness sucks.

I'm sorry you had to go through this. Life's really not fair sometimes.

What would feel supportive to you as you go through this?

Whatever you are experiencing is valid. You are not choosing to feel this way. It's just what's coming to you.

Of course you feel that. If I had that happen to me, I would feel that too.

Thank you for sharing yourself with me. I appreciate it. It makes me feel closer to you.

Crying is the best thing you can do when you're sad.

Listen to your fear; it knows what it's doing.

Jealousy is a really important signal – what's going on in your relationship?

Grief is an essential part of love.

What do you need?

Let yourself fall apart and be a mess. I'll be here with you on the other side.

Sometimes crying really helps to soothe the soul.

Envy is normal when this kind of serious inequality is afoot!

It's okay to just let it go now.

It's okay to cry, be angry, etc.

Where does it hurt?

I'd be angry too – that's not fair at all!

Depression stops you when something is wrong; listen to it.

Of course you feel that way!

Feel what you need to feel until you don't need to feel it anymore.

Just be with that feeling.

Your anxiety is helping you organize yourself and identify what's important.

Let yourself feel into that.

What is that feeling trying to tell you?

Let your freak flag fly.

Vulnerability is not weakness; it's our most accurate measure of courage.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Your hatred can tell you exactly where

There are as many ways to be brave as there are fears.

Go with the flow.

Thank you for protecting our relationship by expressing your anger.

Tears melt the ice around our hearts.

The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them...Grief keeps the heart fluid and soft, which helps make compassion possible."- Francis Weller

I'm here hun. It's ok to feel what you feel.

"Crawl inside this body. Find me where I am most ruined. Love me there." -Rune Lazuli

Grief is love with nowhere to go. Do you want to create a boundary here?
Let's breathe thru this together.
Being vulnerable is badass!
What do you wish you heard from them?
I acknowledge your experience.
I'm sorry.
You deserve all of your feelings.
Is there something specific I can do to help you feel validated?
Let's walk.
Can I get you some water?
Wanna dance?
How can I pray for you?
We can handle this together.
You are loved. Sometimes a person needs to hear that they are loved.
You are needed.
The cracks in your world is the light trying to get out.
It is okay to feel what you feel.
Yes, being an empath sucks sometimes, how can we help you not feel everything the world is throwing at you?
How can I help?
What do you need most in this moment?
Go ahead and feel the feelings. I did. They felt like shit.
There is no time limit on grief or healing.
Feelings are never wrong.
I can't imagine what you must be going through...if you feel comfortable sharing more, I am here to listen...if not, I can just sit quietly with you if you like.
How do you want to handle this?
It's ok to scream.
What scenario seems ideal here?
Can journaling help?
What helped in the past?
I wish more people were as real as you.
Let it out.
There's no time frame on this.
I honor your experience.
That's understandable.
This is natural.
This is normal.
Can I just hold your hand while you finish telling me?
Fuck them/them/it!
What would it look like if you were validated?
I'm not going anywhere
That emotion is logical.
Would it help you to hear a time I felt like that?
You are not alone.
Where in your body is that emotion?

Let's give that gentle awareness together.
If you didn't have to worry about being proper what would you say?
Are there any other co-emotions you notice?
What are the downsides to letting it go?
Does this feel connected to anything else?
Need a hug?
I love you no matter what.
God gave us emotion and understands.
I'm so grateful you trust me with this.
That sounds really hard
It's okay that you're not okay
How can I support you?
Vulnerability is not weakness; it's our most accurate measure of courage.