

# EMOTIONAL COACHING PHRASES

1. It's okay to be upset. It's good to let it out.

2. I hear you. I'm here for you. I'll stay with you.

3. It's okay to feel how you feel. It is not okay to \_\_\_\_\_."

4. How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass.

5. Let's take a breath, take a break, sit down, pause for a minute...

6. You are good and kind.

7. I'll be over here when you need me.

8. Let's have a Do-over!

9. What can we learn from this? What is the lesson in this?

10. You'll remember next time.