10 PHRASES YOU HEAR IN RESILIENT FAMILIES: ARE YOU USING THEM?

1. “Come on, laugh it off”
2. “Don’t let this spoil everything”
3. “Let’s take a break”
4. “Who have you spoken to this about”
5. “I know it looks bad now but you will get through this”
6. “What can you learn from this so it doesn’t happen next time?”
7. “Don’t worry - relax and see what happens!”
8. “This isn’t the end of the world”
9. “You could be right. But have you thought about…..”
10. “What can we do about this?”