

If she says...	Try not to say...	or she will...	Instead say...	because...
I can't do it!	Of course you can!	feel pressure to do it now or else fail to meet expectations.	Not yet. It will take some time and practice to learn.	It tells her it's okay to have room for improvement.
I'm too scared!	There's nothing to be scared of.	feel invalidated after expressing her vulnerability.	It can be scary to try new things, but I'm here to help you.	Her fear of the task may be "fake" but her fear of failure is very real.
It's hard!	It's not hard, it's easy.	feel foolish for struggling with something that is supposed to be easy.	You're right, it's hard. But I have seen you do hard things before.	it lets her know that difficulty is part of the process
I need help!	You don't need help. You can do that.	feel abandoned.	What can I do to make it easier for you to do this yourself?	it shows that you are there to support her but not to coddle her.
This is stupid.	Don't say that.	feel double frustrated from being unable to do the task and being unable to express herself.	Yes, it can feel stupid and frustrating at first, but it gets easier.	It validates and normalizes her feelings
No fair! It's ____'s fault I can't do it!	It's your fault for not trying/ That person could do it because of _____	feel even more jealous because of blame and comparisons.	Everybody gets jealous at first. Let me tell you about a time I felt this way.	it normalizes the struggle as part of the challenge
I hate you/ You're a dummy/ I'm never doing this with you again, etc	Don't say that	feel afraid to express her strong feelings in the future	Next time say "I feel angry!" Punch a pillow if you need to. Your words hurt my feelings.	it gives her a method of channeling her feelings without hurting others.

If she says...	Try not to say...	or she will...	Instead say...	because...
I didn't do it.	Don't lie to me.	feel exposed and shamed.	I know you did it but I'm here to help you make it right.	knowing that you are there to help and not judge will invite future honesty
She hit me/ She started it/ She's not sharing, etc	(anything that will result in you taking sides)	feel unable to handle social situations without a judge	Sounds like she started a problem. How can you end it?	it invites her to problem solve
AAAAARRRGH!!!! NOT FAIR!! IBUT WANT IT!!!	Go to time out, and don't come out until I say so.	feel like she has no control over herself	Go to time out, take some breaths and return when you have calmed yourself. Then we'll talk about it.	it shows her that you trust her to regulate her own emotions and that you are willing to help when she is ready
I'm not going!	You need to leave right now or no treat.	it conditions her to seek rewards and invalidates her reasons for wanting to stay	I can see that you're really enjoying that. How many more minutes do you need, 2, 5 or 10?	It shows respect for her interests and allows her to set her own goals and to have some control.
It hurts! It hurts! I need a bandaid!	It's only a little cut. It's nothing.	think you aren't listening to her concerns.	I bet that felt really scary! Now you have a little mark to show that you survived an adventure.	Helps her separate the anxiety from the injury and think positively.
Look! Look! Look at me! Look what I made! Etc.	yup, nice, now let's go/ WOOWW That's the most amazing thing ever	try out even more attention seeking behaviors	It looks like you've been working hard at that. You should be proud of yourself.	It challenges her to focus on the process and on her personal motivations rather than seeking attention.
But I want that now!	NO!	have a tantrum over getting shot down	I can't promise you'll get it but I promise that I'll remember it's important to you. I'll write it on this paper so I don't forget.	She'll forget what she asked for but she'll remember that you listened.