

## Encouraging Scripts

I just love how your brain works!

I believe you can do this.

You have gotten through hard times before, you will do it again.

I believe in you.

This is not the way the story ends.

I know you will find a way through this.

I love that you are struggling and still working hard.

I can see that you are a survivor.

Think about how far you have come.

Be gentle with yourself, we all make mistakes.

You just don't seem like yourself, are you doing ok?

How can I encourage you?

What do you need to do to get through this?

Of course,....

This is hard, it is supposed to be

You are struggling, this is a difficult situation

You feel exhausted, this is been a tough time

You are unsure, but you will figure this out

I admire how you.....

Love and take care of your family, even when you are struggling

Keep fighting and don't give up!

Keep working toward your goals

Are so generous

Kind

Thoughtful

Creative

RESOURCEFUL

You just made my day by coming to see me.