



Support & Validation

“I’m here with you.”

“You’re responding to trauma, not weakness.”

“Needing support doesn’t mean you’re weak.”

“You are worthy and deserving of a safe and healthy life.”

“You don’t need to justify your pain.”

“You’re not alone. I’m here for you. Thank you for telling me.”

“I believe you.”

“It’s ok to choose what feels safest for you.”

“You adapted to survive. That matters.”

“This is not your fault.”

“Your feelings make sense given what you’ve been through.”

“Reaching out took courage.”