

Responding to Triggers/Trauma Responses

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| Validate | Validate the reaction – <i>“You aren’t crazy. Your emotions make sense. I’d probably feel that way too.”</i> |
| Own/ Empathize | Own your part in it – <i>“I’m so sorry that my behaviors have created this fear in you.”</i> or Empathize – <i>“I hate that you’re hurting.”</i> |
| Offer | State what you can offer to help make the situation less painful – <i>“Would you like to check my phone?”</i> or <i>“Let me go process that with my therapist and get back to you.”</i> |
| Ask | Ask if there’s anything else you can do – <i>“Is there anything else I can do right now to help?”</i> |